



## After Treatment Instructions: Implants

1. **Bleeding:** Some minor bleeding is expected after implant surgery. It will usually subside quickly, and stop with an hour or two after surgery. A little oozing is normal and may persist for several hours. Upper implants may occasionally trigger some bleeding from the nose, this is normal and will stop quickly.
  - a. Keep gauze on the surgical area with some pressure for 30 to 45 minutes.
  - b. Remove the gauze after 30-45 minutes, and replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site. Firm pressure for another hour should stop the bleeding.
  - c. If you find that this is not working after your third attempt, use a moistened tea bag instead of gauze. The tannic acid in tea will help to form a clot, and stop the bleeding.
  - d. If all else fails, call the office.
2. **Swelling:** Most patients will experience some swelling after surgery in the mouth. It may be mild or severe, and is different for every patient. The swelling will get bigger for the first 24 to 48 hours before it starts to go away. It may last for several days to one week. Some bruising may also develop on the face.
  - a. Use an ice pack on the cheek or face next to the surgical site. Keep it on 15 to 20 minutes, then off for 10 minutes, and repeat until you go to sleep. Start again the next day.
  - b. Sleep with your head elevated slightly, above the heart. This will keep swelling down.
  - c. On the third day, change to moist heat instead of ice packs. This will bring the swelling down quicker.
3. **Remainder of Day:** Do not spit. Use a tissue to wipe your mouth as needed, or swallow your saliva.
  - a. Do not use a drinking straw. Drink straight from the cup.
  - b. Do not smoke.
  - c. Keep fingers and tongue away from the surgical area. Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, smoking can increase the chances of an infection.
4. **Medications:** You were probably given one or more prescriptions for medications. Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, or diarrhea, or cannot swallow pills.
  - a. Antibiotics: Continue until the bottle is empty. Do not quit halfway.
  - b. Pain Medicine: Continue as necessary. Remember that narcotics can make you drowsy, so no driving, operating heavy machinery or alcoholic beverages while you are taking them.
  - c. Mouth rinse: swish with one-half ounce for thirty seconds, and spit it out, two times per day. After using rinse do not have anything to eat or drink for 30 minutes.
5. **Eating:** You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. You may resume a regular diet as soon as you feel up to it. Please stay well nourished, and well hydrated, you will heal faster.
6. **Oral-Hygiene:** You may brush your teeth, avoiding the surgical area, either tonight, or tomorrow morning. Be gentle, and do not spit or rinse forcefully. You may start rinsing

tomorrow, gently, with some warm salt water every few hours. Do not use alcohol-containing mouth rinses for a few days.



# Penn Dental Family Practice

Penn Dental Family Practice: *Three Convenient Locations, One Easy Phone Number!*

Main Line  
215-898-7337  
1205 Westlakes Drive  
Berwyn, PA 19312

Locust Walk  
215-898-7337  
240 S. 40<sup>th</sup> Street  
Philadelphia, PA 19104

University City  
215-898-7337  
3737 Market Street  
Philadelphia PA, 19104