

# Post-Surgical Instructions for: Dental Implant

## Brushing

- **Twice daily**
  - 1) Pour a small amount of the prescription mouth rinse (Peridex/Chlorhexidine) into a cup
  - 2) Dip your toothbrush in the cup of mouth rinse and brush the implant in a circular pattern. **You will continue to lightly brush the implant until the crown is placed on the implant**
  - 3) If the implant is buried under the gum, gently swish with the mouth rinse twice daily for 1 week
  - 4) If sutures are in place, they are “dissolvable” and will eventually loosen and break away/dissolve
  - 5) After 7-10 day follow up appointment, you will follow the above routine with mouth rise until your dentist has placed the crown on the implant
  - 6) All other teeth are to be brushed normally with your regular toothpaste

## Flossing

- You do not need to floss the implant until the crown is placed
- Floss all other teeth normally

## Eating/Chewing

- Soft foods are advised the day of the surgery (i.e. pasta, cottage cheese, mashed potatoes)
- After the 1<sup>st</sup> day, you may eat what is comfortable but **avoid chewing on the implant until the crown is placed**

## Swelling and Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home with you, for you to bite on if the area bleeds. Do not use gauze if there is no bleeding. Doing so can create unnecessary bleeding
- Some medications can increase the amount of bleeding such as Aspirin, Xarelto, Plavix, Eliquis, Coumadin, Heparin, Pradaxa, Effient. Please beware if you take any of these medications
- If the area is steadily bleeding, fold a piece of lightly moistened gauze into a small square, place it in the area that is bleeding and bite. Change the gauze about every 15-20 minutes until you no longer see any blood. Small spots of blood are normal
- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea may help control the bleeding. Unfortunately the taste is not pleasant
- If excessive bleeding continues after attempting the above procedures, call the office or after hours emergency phone number on the back of this page

## Discomfort

- Typically there is very little discomfort following the procedure.
- Tenderness in the gum around the implant is normal
- Discomfort in the jaw or ear is often related to the anesthetic given

## Prescriptions

- **Mouth Rinse:** See above brushing instructions
- **Antibiotic:** Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication:** Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

## Working

- It is advised not to return to work the same day of the procedure as you could experience slight discomfort and bleeding

## Exercising

- Avoid exercising or heavy lifting for 2 days.
- Walking is approved
- If you experience throbbing in the surgical area, stop physical activity

## Questions or Concerns

- Office – 317-844-2792
- After hours emergency for Dr. Kurt – 317-691-4169
- After hours emergency for Dr. David – 317-405-7420

Surgical Assistant \_\_\_\_\_

## 1 Week follow up appointment

Date \_\_\_\_\_ Time \_\_\_\_\_ a.m. p.m.

We will call you to schedule

- Evaluation of healing
- At this time, you do not need to schedule with your dentist regarding the implant. You may, however, schedule routine cleanings and/or other dental treatment if necessary

## 3-4 month resistance test (Osseo-Integration test/torque test)

- This appointment determines if the implant is integrated (fused to the bone) and ready for a crown. It does not require anesthesia or sedation.
- An x-ray is taken and the doctor applies a slight resistance force to the implant.
- If the implant is integrated, you will be cleared to see your dentist for the restoration (implant crown).
- If the implant is not integrated, the doctor will remove it, allow the bone to regenerate and discuss possibly placing another implant at a later date.
- In some cases, the implant is buried under the gum during healing. An appointment called "Uncover" will be scheduled 1 month prior to the resistance test. It is a simple procedure where you are numbed and a small circular portion of the gum is removed to expose the top of the implant. The gum then heals for 1 month and you return for the resistance test.

## Restoration of Implant (abutment and crown)

- Once we have notified your dentist that the implant is integrated, your dentist will contact you to schedule an appointment for the abutment (post) and crown (tooth).