

Heine, Heine, and Bowles Oral and Maxillofacial Surgery

2850 Lone Oak Road, Bayley Square Suite #5,
Paducah, KY 42003
Phone: 270-554-2026
Fax: 270-554-9164

Post-operative instructions for implant procedures:

******Please read ALL these instructions carefully******

BLEEDING: Apply pressure to the surgical site by biting firmly on 3 to 5 moistened gauze pads folded on itself twice. A large enough space should be created to force 1/8- inch space between the front teeth while closed firmly. Changed them every 30 to 45 minutes until pink. Moistened tea bags can be used in place of gauze. If bleeding persists, contact our office at 270-554-2026.

EATING: A liquid and/or soft food diet is followed to avoid inadvertent food particles contaminating the wound and disturbing the surgical site. A soft, healthy diet is recommended throughout the treatment. Be careful of applying pressure to the surgical site until the area is restored-crown, bridge, denture (4-6 months after surgery depending on the treatment). Use of tobacco products should be avoided during this time.

RINSING: No rinsing on the day of surgery. Rinse 4-5 times daily with warm salt water (1 tsp. salt in 1 cup of warm water). Brush and floss other teeth being careful not to disturb the surgical area. Rinse thoroughly after eating. Other mouth rinses and disinfectants should not be used.

PAIN: Unfortunately, most oral surgery is accompanied by some degree of discomfort. You will be given a prescription for pain medication (either Oxycodone or Hydrocodone). It is recommended you take the pain medication as soon as the prescription is picked up from the pharmacy and prior to the numbing medication wearing off. We suggest you eat prior to taking pain medication. Additionally, we recommend alternating ibuprofen in between the pain medication dosage (unless NSAIDS is prohibited). So, you will take pain medication, then 2 hours later, you will take 2 ibuprofens. This regimen is recommended for the first couple of days after surgery.

ANTIBIOTICS: A 2-week prescription of antibiotics will be given, and the success of healing will be dependent upon completing this course. Your doctor may extend this course as needed. Taking your antibiotics with meals is important to prevent nausea.

SAFETY:

- Someone should stay with the sedated patient for 3 to 4 hours after surgery.
- Do not use power tools or other dangerous machinery for at least 24 hours after surgery. Pain pills may affect the ability for 3 to 4 hours after each dose.
- Legally, you may not drive for 24 hours after sedation and should not sign any important documents.

TEMPORARY APPLIANCE: Appliances are worn for esthetic purposes ONLY or to preserve space. Any pressure on the healing sites must be avoided. Chewing with the appliance is limited to soft foods only. Appliances should be removed while sleeping.

DENTURE STABILIZATION: If having implants placed for denture stabilization, it is advised to keep your dentures out for approximately 2 weeks after surgery. At the follow up appointment, soft liners can be placed in the denture to help protect the surgical site from any irritation that any movement from the denture may cause to the healing area. Your dentist will be making the appropriate adjustments and liners. It is often best to leave the denture out as much as possible.

STITCHES: An appointment will be made for 2 weeks following the surgery to remove the sutures and discuss care of tissue. Some stitches may fall out prior to your appointment.

FOLLOWING APPOINTMENTS:

- The first follow-up app is scheduled 2 weeks after surgery to remove any sutures, check healing, and to review post op care. You will have additional appointments to follow you through the 4-6 months healing process.
- Before the implant is restored, the area is always checked with an x-ray and depending on the component in the implant, this may need to be changed. Arrangements can then be made to complete treatment, and information will be forwarded to the restoring dentist.
- A follow-up appointment is required to check the final crown, bridge, or denture placed on the implant.
- Regular hygiene appointments must be arranged through your restoring dentist.