
Dental Implants, Bone Grafting and Sinus Lift After Surgery Instructions

IMPLANT/BONE GRAFT SPECIFIC INSTRUCTIONS

- Your implant may have a “healing abutment” attached that is visible inside the mouth OR it may be buried under the gums.
- Avoid creating extra pressure against the grafted/surgical area.
- **A corner of the whiter surgical membrane may become exposed – this is not an issue. Do not attempt to pick or pull at it. Some pieces of the bone fragments may escape the surgical site – this is expected and will not cause you harm if ingested.**

PAIN MANAGEMENT

- Alternate between an anti-inflammatory medication (ex. Ibuprofen, Naproxen) and a Tylenol based medication (ex. Tylenol or Tylenol #3). **Ibuprofen → 3hrs → Tylenol → 3hrs → Ibuprofen → etc.**

DIET

- Diet is more limited for a short time after surgery. Some ideas include soups, pasta, noodles, eggs, pudding, ice cream, yogurt, juice, milkshakes, pancakes, or anything soft that you can tolerate. Your surgical team will give you guidance on how long you will need to maintain your soft food diet.
- **Chew on the side opposite of the surgical site**, where possible, to avoid putting pressure on the graft/implant.
- **Avoid extremely hot or spicy foods** and drink plenty of fluids.
- **Avoid anything too crunchy** (ex. nuts, seeds) **or anything too chewy** (ex. bagels, steaks).

BLEEDING/BRUISING

- Bleeding is normal and expected. **Place firm pressure with gauze, changing them every 30 minutes** until the bleeding stops. Unless you have had a bone graft to the area and have been advised by your surgeon to not place pressure on the site.
- If bleeding persists, bite firmly on a wet black tea bag for 45-60 minutes – if it does not resolve after this, call the office for guidance.
- For the first 24 hours – Do not rinse or spit and avoid sucking through a straw.
- Bruising may occur and varies between patients – it may travel down the neck and collect at the chest.

SWELLING

- Swelling is expected and will continue to peak up until the 48-hr point and can take 2 weeks to resolve.
- Use **ice packs 20 minutes ON, then 20 minutes OFF for the first 48 hours**. After 5 days you may begin to start using heat packs.

WOUND CARE

- Begin brushing your teeth adjacent to the grafted area gently the day after surgery.
- Begin brushing the grafted area/implant healing abutment gently after 1 week with a manual toothbrush only (we suggest buying a children's toothbrush). You may use an electric toothbrush to the other teeth.
- Do not floss or use a water pik next to the adjacent teeth.
- Call the clinic if you have copious amounts of bone fragments in your mouth.
- Contact the clinic immediately if you notice the tissues have opened along the surgical site.
- **Rinse your mouth with the prescribed mouth rinse 3-4 times a day.**

ACTIVITIES

- Strenuous exercise should be avoided immediately following your surgery. Your surgical team will advise you how long you should avoid this.
- **Avoid any contact sport** in which you could get hit in the face for 6 weeks' time.
- **DO NOT smoke or vape for 2 weeks following surgery.**

STITCHES

- If sutures were placed, they **will dissolve on their own.**

NUMBNESS

- Numbness from the local anesthetic is temporary and will wear off in 2-4 hours. Take care not to bite your lips, cheeks, or gums.

RETAINER USE

- Retainers/flippers may or may not fit properly following surgery. Your surgeon may need to adjust your retainer to avoid putting pressure on the graft/implant.
- Do not wear your retainer until it has been approved by your surgeon. If your retainer fits and is not painful, it may be kept in.

GENERAL ANESTHETIC & IV SEDATION

- **Do not drive, operate heavy machinery, or sign legal documents for 24 hours post-surgery. You should not be left alone for 24 hours following surgery.**
- Muscle pain and generalized soreness can occur following surgery and may last for 2-3 days.
- You may experience a sore throat and nose bleeds throughout the day. These are common if you had a general anesthetic.

SIGNS OF INFECTION

- New onset swelling or pain
- Foul taste or odor in the mouth
- Fever
- Discharge from surgical sites

POST-OP QUESTIONS AND URGENT CONCERNS

- Your well-being is our primary concern. Should you have any questions regarding your recovery, please contact our office directly.
- A doctor is on-call 24 hrs/day, 7 days/week for any serious post-op concerns (**bleeding, uncontrolled pain, signs of infection**). In the event of more urgent concerns, call our office at your earliest convenience. If you are calling after office hours or on the weekend, the answering machine will direct you to the oral surgeon on-call.
- If you are admitted to the hospital within 10 days of your procedure, please notify us immediately.
- **If you are having a medical emergency (chest pain, shortness of breath or uncontrolled bleeding), do not delay * dial 911.**