

Dental Implants

Post-Op Instructions

Dr. Johnston and staff are here to ensure that your recovery goes smoothly, and the healing process moves as quickly and painlessly as possible. Below is a list of helpful post-surgery guidelines. Please do not hesitate to call us at 334-687-0088 if your question is not answered below.

Rest

It is advisable to keep quiet and generally take it easy *for the first 48 to 72 hours after your surgery*. Rest facilitates healing while strenuous activity may cause renewed bleeding for 7-10 days. While resting, be sure to keep your head always elevated.

Drink Plenty of Fluids

It is helpful to drink plenty of fluids, preferably warm or at room temperature. Start with clear liquids (Sprite, 7-up, etc.) progressing to soft foods (soup, mashed potatoes, puddings, etc.) for several days. DO NOT chew on implants or bone graft.

Use an Ice Pack

Apply ice pack to face, alternating 20 minutes on and 20 minutes off for the first 24 to 48 hours after surgery.

Bleeding is to be Expected

Slight bleeding mixed with saliva is customary up to 48 hours after your surgery. If you have excessive bleeding, place a teabag in lukewarm water, squeeze out excess water, and wrap it in gauze. Bite down on the wet bag for up to 30 minutes. The tannic acid in the teabag should help stop the bleeding. If the bleeding continues, please contact us immediately.

Uncomfortableness is to be Expected

You can expect to be uncomfortable for the first day after surgery. The second day you may be even more uncomfortable with swelling and possible discoloration in areas of cheeks and along the jaw line due to possible slight bruising. The third day is generally a little better with rapid improvement on the fourth day.

Do Not Use a Straw

Do not take liquids through a straw. This creates an inward suction and causes tension on your sutures which could interfere with healing

Do NOT Smoke

Do not smoke. Smoking creates a two-fold problem. It creates a harmful inward suction, as well as introducing nicotine, which is harmful to the tissues of the mouth.

Gently Rinse

Avoid vigorous rinsing during the first week. Begin gently rinsing your mouth the day after surgery. Rinse with warm saltwater 3-4 times daily, especially after mealtime. To rinse, gently place saltwater in your mouth and tilt your head from side to side in a slow motion. Empty your mouth by standing over a sink and just let the liquid fall out into the basin- DO NOT SPIT.

Elevation of Temperature by 1-2 Degrees is Normal

This is completely normal, but please notify our office if it persists.

Do Not Inspect the Surgical Site

We know that you are anxious to see the results of your surgery, but please do not forcibly pull your lips or cheeks away to inspect the surgical site. This action could possibly tear your sutures.

Prescription Medicine

Take your medication as prescribed. To avoid stomach discomfort, be sure to eat or drink something before taking your medication.

If upper implants were placed, please do not blow your nose for two weeks. Take decongestants as directed by your physician.

Avoid alcohol consumption for approximately one week after surgery. If you are on pain medication, please refrain from alcohol usage entirely. Alcohol dissolves blood clots and interferes with actions of other medications. Combining alcohol and drugs can cause serious problems.

Dental Fitting

Do not wear your partial or denture until your doctor has adjusted it and given you permission

Thank you for choosing Dr. Johnston for your implant needs! If you have any questions or problems, please call our office at 334-687-0088.