



General Cosmetic & Implant Dentistry

Thomas Bursich DDS
21155 Whitfield Place Suite 10
Sterling Virginia, 20165
703-433-0234-Phone
703-433-0598-Fax

Implant Post-Op Care

After Placement of Dental Implants

Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully.

Immediately Following Surgery

- The gauze pad placed over the surgical area should be kept in place for a half hour. Refer to the section on bleeding for more information.
- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This will usually coincide with the local anesthetic becoming diminished.
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable.
- Place ice packs to the side of your face where surgery was performed. Refer to the section on Swelling for an explanation.

CAUTION: If you suddenly sit up or stand from a lying position, you may become dizzy. Make sure you sit up for one minute before standing.

Your case is individual. No two mouths are alike. Do not accept well-intended advice from friends. Discuss your problem with the persons best able to effectively help you: Dr. Bursich.

What to Expect

Following dental implants, patients may experience up to 1-2 days of significant discomfort, swelling and pain. Immediately following surgery, patients may present with bruising around the face and significant swelling in the jaw and under the eyes. Pain may be experienced in the ears, nose and head.

Some oozing of blood from the site of the surgery should be anticipated and may continue for upwards of 48 hours.



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Depending on circumstances, after up to 5 days, swelling should be gone. In order to reduce surgical swelling, we recommend covered ice packs or a cold compress applied to the face over the surgical site but should never be applied directly to the skin for the first 24 hours after your procedure. We suggest that you apply 20 minutes on, and 10 minutes off. If possible, elevate the head with an extra pillow during the first 2 nights after surgery to reduce swelling.

Bruising may appear on the face during the first few days after surgery.

Swelling may continue to increase over a three day period and then begin to resolve.

Sleeping with a slightly elevated head during the recovery period can aid in the reduction of swelling and minimize the drainage of post-operative fluids into the throat.

Pain Management

Pain relief will be prescribed by the dentist and should not be supplemented with any form of additional medication unless specifically instructed, particularly ibuprofen and aspirin as these may increase bleeding.

Prescribed pain relief can be taken in windows of between 2.5-4 hours, starting as soon as the post-operative numbness begins to wear off.

Ice packs may also be indicated to aid the reduction of swelling.

Antibiotics

Antibiotics are prescribed to treat any active infection and to prevent infection from forming.

If prescribed, it is essential the full course of antibiotics be completed.

Healing

After an implant placement, a blood clot will form in the surgical area. This is an important step of the normal healing process. You should therefore avoid activities that might disturb the surgical area, especially during the first 24 – 48 hours.

Do not rinse your mouth vigorously or probe the area with any objects, including your fingers. If you experience an unpleasant taste, drink fluids or use a wet washcloth to wipe your tongue, being careful to stay away from the surgical area.



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Do not smoke or drink through a straw for 72 hours following your surgery. Avoid strenuous activity for the first 24 hours after your procedure. This will reduce bleeding and help the blood clot to form.

We recommend you take a daily multi-vitamin with a minimum of 1000mg of vitamin C. If upper implants were placed, avoid blowing your nose for 2 weeks to avoid infection.

Rinsing and Cleaning

Be gentle with cleaning around the surgical site/s, use the Peridex, with a Q-tip am and pm, as directed by Doctor.

Begin your normal oral hygiene routine as soon as possible, that day just avoid the surgical site for a day or two. Soreness and swelling may not permit vigorous brushing of all areas, but it is important to make every effort to clean your teeth within the bounds of comfort. Make sure that you get rid of any toothpaste residue prior to rinsing and then DO NOT eat or drink for 30 minutes after rinsing.

Regular rinsing of the mouth aids proper healing. Do not rinse your mouth vigorously or probe the area with any objects, including your fingers. Post-operative patients should follow the rinsing instructions provided by the dentist carefully.

General guidelines include rinsing the mouth well with lukewarm salt water or with mouth rinse after each meal, and before going to sleep. This routine should be maintained until otherwise instructed.

Remaining teeth can continue to be cleaned as normal, although taking additional care is recommended.

Rest and Relaxation

It is advisable to maintain a quiet profile for at least the first 2 days following surgery, even for patients that recover quickly.

It may be advisable to avoid exercise for up to 1 week in order to avoid raising blood pressure, as an elevated pulse may continue to cause pain in the surgical sites.



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Eating and Drinking

Postoperative patients should not eat hot food or drink hot beverages for up to 24 hours following surgery to avoid distress to the treated area.

Soft foods are recommended, although avoiding dairy may be advisable for up to three days following surgery as the combination of dairy with post-operative fluids and pain relief medication may cause gastric disturbance.

It is vital to increase fluids during the recovery process although advisable to avoid beverages with high acidity such as orange juice.

AVOID popcorn, poppy seeds, sesame seeds or seeded fruits as they can get stuck and cause infection.
AVOID any food that is hard or crusty.

Fluid intake is important. Clear beverages, ginger ale, Seven-up, or Sprite, water, teas, soda, broth, soups or juices are all suitable.

Avoid hot liquids until the numbness has worn off and the bleeding has stopped.

AVOID using a straw for several days. It may dislodge the blood clot and delay healing.

AVOID smoking completely as it tends to delay healing and interfere with regeneration.

Continued Bleeding

Some bleeding and oozing from the surgical sites is to be anticipated for up to 48 hours following surgery.

We've placed a gauze pack on the surgical site(s) to limit bleeding while the clot forms.

The gauze packs should be left in place for 10 to 15 minutes after you leave the practice. Moisten the pad before you remove it from the mouth.

Should slight bleeding continue, bite down softly on the gauze, making sure they remain in place.
Continue to change the gauze packs every 30-40 minutes if there is continual bleeding.

To replace gauze, fold a clean piece into a pad thick enough to bite on, place it directly on the surgical site.



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Sutures

Sutures will not resorb or fall out on their own the Dr. recommends that you come back for suture removal.

Contact Us

If you are concerned about any matter regarding the surgery or recovery; please call our office.

Please call the office at (703)433-0234 if you are experiencing severe pain or bleeding. Someone is available 24 hours a day to answer any questions or concerns relating to your procedure.