

## Implant Aftercare

Twin Cities Dental offers Dental Implants at a reasonable and affordable price without a compromise on quality. With dental implants you can enjoy a permanent solution to the loss of a tooth or set of teeth. Twin Cities Dental highly recommends dental implants as a natural, life-long solution. A dental implant is the replacement of a tooth's roots. An implant will provide a strong, permanent foundation for a tooth to be placed. This procedure is similar to how an anchor is used in a wall with a screw. An implant (anchor) is the permanently faceted into your jaw's bone structure. During your second appointment, the abutment (or peg) is screwed into the implant and contains a tooth at the end.

What should I expect to feel after my appointment?

*It is typical to have small side effects and or experiences due to today's appointment. Some of them may include:*

- Sensitivity to temperature in the area the surgery took place
- Slight swelling and pressure
- Gum and tissue soreness
- Slight discomfort

How should I take care after the appointment?

*Please review the following categories of post-op instructions carefully. Refer to this list as needed and don't hesitate to call us with any questions or concerns.*

- **Day of the appointment and next:** Do not spit (use tissue and wipe mouth as needed or swallow saliva), do NOT drink from a straw, do NOT smoke, this WILL increase the chances of infection. Remember to keep tongue and fingers away from the area where surgery took place.
- **For Bleeding:** Minor bleeding is expected after surgery but usually subsides within an hour or two post-surgery. It is also typical for discharge to release for several hours post-surgery. Upper implants have also been known to cause nose bleeding.
  - 1) Keep gauze on the surgical area with mild pressure for 30-45 minutes.
  - 2) Once you remove gauze, replace it with a new piece of gauze if you are still bleeding. It is important to make sure the gauze is directly on the surgical site.
  - 3) If your efforts of replenishing your gauze every 30-45 minutes fails to stop the bleeding, call our clinic. (If our clinic is closed, go into or call your local emergency room)
- **For Swelling:** Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. You can expect the swelling to increase and expand for the first 24-48 hours after your surgery. Mild swelling can occur for several days to a week. It is also possible to experience some bruising on the face.

- 1) Use an ice pack on the cheek or face next to the surgical site. Keep it on for 15-20 minutes, then off for 10 minutes, and repeat until you go to sleep. Repeat this process as needed.
  - 2) Sleep with your head elevated slightly, above the heart.
  - 3) On the third day, change to moist heat instead of ice packs. This will bring the swelling down more rapidly.
- **EATING:** You may eat soft foods as soon as the anesthetic wears off. Do NOT chew directly on the surgical site for two days. You may resume a regular diet as soon as you feel up to it. Staying well-nourished and hydrated will expedite your recovery.
  - **BRUSHING:** You may resume brushing your teeth (avoiding the surgical site) the night of your surgery. Be gentle, and do not spit or rinse forcefully. Regular, full mouth brushing can begin the second day after your surgery. Be gentle around the stitches and surgical site.
  - **RINSING:** Rinsing gently with warm salt water will help expedite the healing process and can begin 2 hours after your appointment. Do NOT use any mouthwash containing alcohol for at least two days post-surgery.
  - **MEDICATIONS:** You will most likely be given one or more prescriptions for medications. Take all medications with a full glass of water, and as directed on the bottle. Call us if you experience severe nausea, or diarrhea, or cannot swallow your pills.

Please contact our office with any questions or concerns. We're happy to help and give you the dental care you deserve.