



Legacy Oral Surgery & Dental Implant Center

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Care of the Mouth Following Implant Surgery

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery as this can cause bleeding. There may be a metal healing abutment protruding through the gum tissue, it must be kept clean (see oral hygiene below). Occasionally, the healing abutment can spin off. Don't worry, it is not your

implant. We simply schedule you ASAP to put this temporary abutment back on.

Bleeding

Some minimal bleeding or redness in the saliva is normal for 24-48 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by folding two pieces of gauze over twice into a cube, placing directly over the surgical site, and biting down firmly and constantly for 45 minutes at a time. You can also use one or two cold moistened tea bag(s). Remove the gauze when eating, sleeping, or drinking.

Swelling

Swelling is a normal occurrence after surgery. Apply ice for 20 minutes on, 20 minutes off, for the first 2-3 days following surgery. Apply the ice intermittently, as much as possible, (at least 3-4 hours a day) for the first 2-3 days.

Diet

Start with liquids and advance to soft foods as tolerated as soon as you get home but avoid hot liquids or food if you are still numb. If you can easily cut your food with a plastic fork it is okay to eat it on the first day. Avoid straws for 3 days and don't chew directly over the surgical site. When you start chewing your food, do not directly chew on your implant(s) for at least 6 weeks.

Pain

Take your Tylenol or Motrin with liquids and soft foods prior to the local anesthesia wearing off and stay on schedule with your medication for the first 1-2 plus days. It is very important to stay ahead of the discomfort.

Antibiotics

Take your antibiotic with food or drink.

Smoking

Avoid smoking for at least one week. Complete abstinence gives the best chance of successful healing of your implant.

Oral Hygiene

Good oral hygiene is essential to good healing. Avoid vigorous rinsing the day of surgery. Gently brush that night avoiding the surgical site. You can not see your implant(s) but you can see your healing abutment which is connected to your implant. The gum around your healing abutment must be kept clean. For the first three weeks, dip a q-tip in hydrogen peroxide or chlorhexidine if prescribed, and clean the gum around your healing abutment starting the day of procedure. After three weeks the healing abutment can be cleaned with a soft tooth brush twice a day. If you were prescribed a rinse, use it as per instructions from the pharmacy, otherwise you can rinse with Warm saltwater rinses (level teaspoon of salt in an 8 ounce cup of warm water) 2-3 times a day.

In case of emergency or if you have any questions concerning your progress, call the office at 508-586-5445.