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ORAL & MAXILLOFACIAL SURGERY

Diplomate - American Board of Oral and Maxillofacial Surgery
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Post Operative Instructions for Patients Undergoing Dental Implant Surgery

Your first follow-up appointment has been scheduled on:

Day: M Tu W Th F Date: _____ Time: _____ : _____ a.m. p.m.

We are committed to providing the same quality of care following procedures that began during your initial visit. If you are experiencing problems that do not seem normal, or if you have any questions please call the office (505) 338-9833 for assistance, and the answering service will contact the doctor.

If you do not hear from the doctor on call within one-half hour, please call back and ask the service to contact the doctor again.

Immediate Post Op/First Day/Overview:

- **Numbness:** Your jaw, cheek, tongue & lip may be numb for up to twelve hours after surgery, therefore use caution to avoid biting the numb tissues.
- **Disturbing the area of surgery:** The first stages of healing are aided by placing tissues at rest. Avoid vigorous chewing, excessive spitting, or aggressive rinsing to avoid delayed healing, bleeding or infection. You may brush your teeth the first day, except at the surgical site.
- **Swelling:** You should apply an ice pack to your face/jaw over the surgical site for 30 minutes every 2 to 3 hours. Repeat the cycle until bedtime the first day, and only apply ice on day #2 if swelling is present. Discontinue the ice completely after the second day.
- **DO NOT DRIVE AN AUTOMOBILE OR ATTEMPT ANY HAZARDOUS TASKS** for 24 hours following surgery if you have had intravenous sedation, or if you are taking prescription pain medication.
- **Regular medications:** do not stop taking required medication prescribed by your physician (for diabetes, high blood pressure, etc) unless directed to do otherwise.
- **Stitches:** (also known as sutures) are usually placed to control bleeding, aid healing and tissue positioning. The sutures we use for your implant surgery **typically do not dissolve**.
- **AVOID SMOKING COMPLETELY.** Smoking will slow the healing process and may also contribute to failure of the implant to integrate (fusion to the bone). Do not place gauze over the surgical site and smoke, this will only concentrate substances hazardous to healing and worsen the problem.
- Avoid strenuous activity or aerobic exercise for 2 days following surgery.

Instructions

Bleeding

- **Bleeding:** Expect minor bleeding or **OOZING** from the surgical site. This oozing may continue for the day of surgery. For the first 30 minutes, keep firm pressure on the area of surgery by continuously biting on the gauze sponge placed in your mouth. If bleeding persists, continue pressure on a fresh sponge for an additional 30 minutes for up to 2-3 hours; prepare the gauze by stacking two pieces flat and then folding it in half twice to quarter the gauze and dampen the gauze. You may discontinue gauze use if after 2 hours or longer the gauze remains light red. Biting on a moist tea bag (non herbal tea), may help control persistent oozing from the surgical site. Tea has an ingredient that promotes blood clotting. Saturate the tea bag with cold water and wring it out prior to placement and leave on the surgical site for 1 hour. This may need to be repeated until the bleeding is under control. Should active bleeding persist, please call the office.
- **Bruising** marks may appear on the skin of the face during the first few days after surgery. Moist heat application will help relieve this condition. Apply the moist heat only after 48 hours following surgery.

Swelling

- Rest and sleep with your head slightly elevated, using one to two pillows or a recliner chair for at least one day and night after surgery to help reduce swelling, but you may rest elevated for a few days.
- Swelling related to the surgical procedure may occur during the first 24-72 hours, occasionally increasing on the second day. It should begin to subside on the fourth day. Swelling can be minimized a great deal by placing an ice pack on the side of your face for 30 minutes every 2-3 hours during your awake hours the day of surgery. If swelling persists continue the ice pack on day two as well.
- Any swelling, soreness, or stiffness remaining after 48 hours in the jaw muscles can be relieved by applying a warm compress to the affected side of the face in the same manner as you used the ice previously. Moist heat should only be used after the first 48 hours and may be continued for several days after the surgery. If the swelling, tenderness, or pain should increase, call the office.

Diet

- **Fluid intake:** It is important to aggressively drink plenty of fluids to avoid dehydration.
- **Good nutrition** must be maintained following oral surgery even if mouth soreness and jaw stiffness are present.
 - **Starting from the time of surgery through lunch of following day:** - Clear to full liquids only. Start with cool or room temperature foods. Advance to warm foods after 6 hours.
 - **Days: 2 to 5** - Soft, cool or warm foods that require little or no chewing are most easily tolerated at this time, this diet should commence at dinner on the day following the procedure and continue for another two days. Since you will be taking medication, it is important to remember that eating can prevent nausea sometimes associated with certain medications.

- **LIQUID DIET:** The following are examples: (Day 1) (All on Four Procedure 2-3 weeks)

Coffee	Gatorade
Tea	Popsicles
Jell-O	Ice cream or sherbert - all flavors
Bouillon	Smooth Mashed Potatoes
Water	Creamed soups (no large chunks)
Milk/Buttermilk	Cooked cereal with milk or cream
Milk shakes - all flavors	Refried Beans
Yogurt	Scrambled Eggs
Pudding - all flavors	Blenderized foods
Applesauce	Fruit Smoothies
Protein drinks	Juices (Apple, Cranberry and Grape)

- **SOFT DIET:** All of the above plus the following subsequent 4 days: (Days 2-5) (All on Four Procedure remaining 4 months)

Meatloaf	Stews / Stewed Meat
Pasta dishes; like macaroni and cheese	Soft cooked egg dishes (casseroles or omelets)
Soft fruit - bananas, berries, canned fruit	Soft cooked meats (Fish, pulled chicken or pork)
Tofu or hummus	Soft cooked vegetables (canned or steamed)
Enchiladas	Soft breads

- **Advance to a regular diet as tolerated on the 5th day.**

Mouth Care

- On the morning after your surgery, rinse your mouth carefully with a solution made by adding $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt to a 8 to 10 oz glass of warm water. Repeat 3 times a day for 1 week. This is in addition to the Peridex mouth rinse twice a day for 7 more days.
- Avoid disturbing the surgical site with your tongue, aggressive tooth brushing or vigorous rinsing. Resume brushing any remaining teeth and your regular oral hygiene as soon as possible. Gently brush the teeth adjacent to the implant sites within 24 hours and brush the implant site after 24 hours.
- It is likely that a one-stage implant was placed so that you can actually see the metal part protruding from the gum tissue, it is very important for you to keep this area clean. You may start with a Q-tip dipped in Peridex or even warm salt water. Just clean the metal part protruding from the tissue. Then brush the surrounding teeth with a soft toothbrush. You may brush the implant as well.

Specific Instructions following dental implant surgery:

- Do not use topical oral medications. Avoid denture adhesives.
- Your old dentures or flipper partials may not be worn until adjustments have been made (relining). Wearing of dentures prior to the adjustment will interfere with implant integration (fusing of bone to the implant).
- Avoid chewing hard foods on the implant sites. Chewing forces during the healing phase can decrease the body's ability to heal around the implant.

Medication Instructions:

- **Antibiotic:** Take the antibiotic, as prescribed, with food. It is important to take the antibiotics until all of the pills are gone. Failure to do so may increase the chance of infection.
- Yogurt with active cultures or acidophilus, or probiotics should be taken while on antibiotics to help prevent diarrhea and yeast infections.
 - Antibiotics can sometimes render birth control pills ineffective!! Please use a substitute method of contraception for the remainder of your current menstrual cycle.
- **Peridex® mouth rinse:** If you are given a prescription for Peridex mouth rinse, begin using the mouth rinse again the day after surgery. Rinse with ½ oz for 30 to 60 seconds then spit it out. Do this twice a day for 7 days. Rinse with the Peridex after you brush your teeth in the morning and before you go to bed at night. This product may temporarily stain your teeth.
- **Pain medication:**

Take **Ibuprofen (Motrin or Advil)** 600mg 1 hour after procedure, or you may choose another similar product like Naproxen (Alleve) or acetaminophen (Tylenol).

- The Ibuprofen should not make you sleepy, drowsy or disturb your hand eye coordination therefore it can be taken while driving, working or at school, etc.
- Do not take more than 3200mg in a 24 hour period.

Take the Hydrocodone (Lortab or Vicodin) if prescribed, one tablet every 4 to 6 hours only as needed for pain. Please avoid taking this medication if possible.

- The **Hydrocodone** can be taken with the other medications.
- Hydrocodone will make you sleepy and drowsy for at least 6 hours after taken. Therefore, do not operate a vehicle, or work while under the influence of this medication.
- Hydrocodone will occasionally cause nausea and vomiting. The incidence of nausea is reduced if the medication is taken with food. Dairy products aggravate nausea.
- If the nausea persists, discontinue the Hydrocodone and rely on the Ibuprofen for pain control. If you are still uncomfortable while taking the Ibuprofen and/or have persistent nausea please call the office at 338-9833. If it is after hours please follow the voice mail instructions.

Please do not drink alcoholic beverages while taking narcotic pain medication.

- Faithful compliance with these instructions will add to your comfort and hasten your recovery. Be sure to follow these instructions carefully. This will help you avoid the complications, which lead to unnecessary discomfort and delayed recovery. Should any undue reaction or complications arise, notify the office immediately.