

POSTOPERATIVE ORDERS DENTAL IMPLANTS

AFTER YOU LEAVE:

1. About your medications:

- ** Take all your medicine as directed. If you feel it is not helping, call your Doctor. Do not quit taking it unless instructed or you have a reaction.
- ** Keep track of what medications you are taking and when you are taking them.
- ** If you are taking antibiotics, take them until they are all gone, even if you feel better.
- ** If you are taking medications, which make you drowsy, do not drive or use heavy machinery.

2. Follow-up appointment.

- ** If you have not been given a follow-up appointment, please call the Dental Clinic #4 appointment desk at 767-xxxx.

3. DO - Post operative instructions.

- ** Ice the surgical area for the first twenty four to forty eight hours after surgery. Place it on the surgical area for 15 to 20 minutes every hour, as you need it. Place the ice in a plastic bag and cover it with a towel. Do not sleep with the ice pack in place. Ice helps with the swelling and bruising.
- ** After the first twenty-four hours you can place moist heat to the surgical area. Remember your face is numb; do not place excessively hot or cold items directly on your skin!
- ** If you have remaining teeth, do brush your teeth gently with a soft toothbrush three times a day. Good dental hygiene is necessary to decrease the chance for infection.
- ** After you brush, use the chlorhexidine gluconate mouthwash three times a day.
- ** Use warm salt water rinses 6 - 10 times a day.
- ** You can use a cool mist humidifier to help you breath easier.
- ** Sleep with your head elevated on 3 to 4 pillows.
- ** Shower as usual.
- ** Be very careful shaving your face since areas are numb.
- ** If your implant screws become exposed please clean gently with a soft Q-tip.

4. Postoperative diet

- ** You are on a liquid no chew diet for two to four weeks depending on your surgical procedure. **DO NOT CHEW.**
- ** Eat several times a day. Postoperative healing depends on good nutrition. **DO NOT ATTEMPT A WEIGHT LOSS PLAN.** Vitamins are encouraged.
- ** You will receive a dietary consult prior to discharge. **over**

5. DO NOT - Postoperative instructions:

- ** DO NOT lift anything heavy or do strong exercise until your doctor says it is okay.
- ** DO NOT participate in contact sports such as football or basketball for at least one month postoperatively.
- ** DO NOT use a water pick for the first two weeks or when indicated by your surgeon.
- ** DO NOT blow your nose if you have bonegrafts placed in your sinus(es).

6. CALL DENTAL CLINIC #4 AT 767-XXXX if

- ** You develop problems during duty hours. After duty hours report to the WACH Emergency Room. An Oral Surgeon will be contacted.
- ** Bleeding is bright cherry red and is more than when you went home.
- ** You have any concerns about your surgical procedure or healing process.
- ** You have difficulty breathing.
- ** You have a reaction to your medications.
- ** You have a sudden increase in your temperature.
- ** You have a sudden increase in facial swelling.