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Exceptional Dental Care for the Quality Conscious

POST-OPERATIVE IMPLANT CARE

Proper care of the mouth following most dental procedures can reduce complications and speed the healing of the surgical area.

1. **NO SMOKING, NO STRAWS:** Any type of suction can disturb the blood clot and loosen sutures. Smoking is to be avoided for 6 weeks since it increases the heat in the surgical area and significantly lowers the body's ability to heal. Straws can not be used for 3 days in most cases
2. **PROTECTION OF BLOOD CLOT AND BLEEDING:** It is normal to have oozing of blood from the surgical site for up to two days after the procedure. If the site starts to bleed, it can be stopped by biting on a moist gauze for 20-30 minutes. You are not having a bleeding problem unless large clots are being produced.
3. **ORAL HYGIENE:** Gentle rinsing of the mouth should be started 24 hours after the surgery. You can rinse with warm salt water (1/2 tsp. of salt in 8 oz. warm water). The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content can chemically burn the site.

Therasol Rinse Instructions: Pour a small amount of Therasol Rinse in a cup, dip toothbrush in and use in place of toothpaste on and around the surgical site. Do not dip brush directly into Therasol bottle. Clean the surgical area at least 3 times a day using the bottle of Therasol given to you. The size of bottle given to you is typically plenty for this purpose for about two weeks.

4. ANTIBIOTICS:

_____ IV-sedated patients have received an appropriate antibiotic through their IV line.

_____ An antibiotic has been prescribed for you. It is very important that the prescription is filled and taken as directed until gone. Starting at _____ am/pm take 1 tablet of _____ every _____ hours. Should you develop hives, itching or skin rash discontinue immediately and notify our office. If you have difficulty breathing, call 911 and seek immediate medical attention.

5. **DIET:** It is best to restrict your diet to fluids and soft foods for the first day. A normal diet may then be resumed the following day following surgery. Soft food such as Jell-O, pudding, mashed potatoes, scrambled eggs and room temperature soups are suggested. If you have difficulty chewing, try blenderizing foods or use diet supplements such as Carnation Instant Breakfast or Ensure. Limit foods for the first 2 days to cold/room temperature items.
6. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Recommendations are based upon your anticipated level of discomfort.

Mild: Ibuprofen _____ mg every 6 hours (Ibuprofen is also used to keep swelling to a minimum)

Moderate: Ibuprofen _____ mg AND Acetaminophen _____ mg every 6 hours

Severe: Hydrocodone 5/325mg _____ tab(s) every 6 hours (can be used on an as needed basis) along with Ibuprofen _____ mg AND Acetaminophen _____ mg every 6 hours

If these do not relieve the pain, please call the office for advice. With any opioid, avoid alcoholic beverages and it is advised to not drive.

7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 48 and 72 hours post operatively. Apply ice for a period of 20 minutes on and 20 minutes off during the day for the next 2 days with or without the presence of swelling. Discontinue use of the icepack after 48 hours. The application of ice to the outside of the face over the surgical area will minimize swelling. If after three days you still have inordinate swelling or pain, please call the office.

Your follow-up post-operative appointment is scheduled: _____
We will continue to see you for periodic checkups to monitor the progress of your healing.

Do not hesitate to call our office if any questions arise.
Our office number is 440-845-7300
Dr. Mark Iacobelli's personal cell at 216-389-2026
Dr. Stephen Sala's personal cell at 412-378-2414