



Dr. Richard Chambers DMD
Dr. Grant Woo DMD
Dr. Katja McBee DMD

400-1312 Blanshard St
Victoria, BC V8W 2J1
www.carnegiedental.ca

P 250.382.1541
F 250.382.2714
E carnegiedentalclinic@gmail.com

CARNEGIE DENTAL

After Care Instructions Implant/Bone Graft Surgery

BLEEDING: Bite gently on the gauze pad for ½ hour to form a good blood clot. Some slight bleeding and discolouration of the saliva is normal for the first 24 hours following surgery. If significant bleeding persists for more than 24 hours please contact the office.

PAIN: Some pain is normal following surgery. Take pain medications as directed. Stomach upset or nausea may be minimized by taking milk with medication, drinking ginger ale, or, if needed, Gravol (50mg) every 4 hours. Use extra strength Tylenol, extra strength Ibuprofen, or combination of both medications at the same time. **DO NOT take Aspirin** as this thins the blood and affect clotting. Ensure that you finish prescription as prescribed.

SWELLING: Some swelling can be expected after surgery. This can be minimized by keeping your head elevated and applying ice packs to the affected area of the face for the first 24 hours. (Bag of frozen peas or corn wrapped in a tea towel) Swelling can be greatest the third day after surgery, then should gradually subside.

BRUISING: This is caused by blood in the tissues, which rises to the surface of the skin, producing discolouration, which may appear the day after surgery. Warm, moist heat will aid the skin in returning to its normal colour.

MOUTH CARE

- **DO NOT rinse, brush, spit, or floss for 48 hours after surgery.** These actions tend to disturb the blood clot, open the wound and can prolong bleeding, slow healing and increase risk of infection.
- After implant/graft surgery use the chlorhexidine gel .2 % provided, in place of brushing. Apply a small smear layer with cotton tip applicator to the site very gently extending to teeth on either side. Continue to use this gel twice a day for a total of 4 weeks. Most important time is bedtime, leave gel on while sleeping.
- **After 48 hours,** you may start brushing all areas **EXCEPT surgical site and teeth adjacent to surgery site** (tooth behind and tooth in front). Continue using chlorhexidine gel.
- **DO NOT apply pressure with your tongue or fingers to the implant/grafted area,** as the material is movable during the initial healing.
- **DO NOT EXERCISE for the next 24-48 hours,** this can increase bleeding, swelling and discomfort.
- **DO NOT SMOKE. This includes marijuana, e-cigarettes, vaporizers, etc.**
- **SMOKING OF ANY SUBSTANCE INCREASES THE RISK OF IMPLANT/GRAFT FAILURE.**
- **DO NOT drink with a straw or drink carbonated liquids for a minimum of 1 week.**
- **Sinus lift** - Do not under any circumstance blow your nose for the next 4 weeks. You may sniff all you like but **NO BLOWING.** When expectorating be gentle.
- **Bone Graft** - Your bone is made up of many particles. You may find some small granules of bone material in your mouth for the first few days following surgery. Do not be alarmed by this.
- **DO NOT EAT ON IMPLANT/GRAFT FOR 4-5 MONTHS!**

DIET: Avoid hot foods and alcoholic beverages for 48 hours post surgery. Drink plenty of fluids and eat soft foods. (Instant breakfasts, yogurt, eggs, cheese, pasta, fruit juices, soups, milk and milkshakes, etc.)

GENERAL INFORMATION: Do not consume alcoholic beverages while taking your pain medication. If you are taking birth control medication and antibiotics are prescribed for your surgery, be sure to use an additional means of contraception for the duration of your cycle.