

Island Perio

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With any surgery or anaesthetic, there are a few instructions to ensure a successful procedure with a timely and uneventful recovery. These instructions are always provided at the office before any procedure, and Dr. Hunter, Dr. Tuckey and their staff are always available to provide explanations or answer questions.

Post-Operative Instructions: Implant Surgery

Denture Wear: Do not wear a lower denture. An upper denture may be worn for esthetic reasons **ONLY**, not for function (ie eating).

Swelling: Swelling usually occurs 2-4 days after surgery. To minimize swelling, apply ice for 10-20 minutes every 30 minutes for the first 24 hours. Sleep with an extra pillow under your head for the first night and take the anti-inflammatory medications we have recommended. Some bruising may occur and should not alarm you. You may also experience stiffness of the jaw, which can be relieved by gentle opening and stretching on the 2nd and 3rd day after surgery.

Bleeding: It is important to refrain from smoking, spitting, drinking through a straw or physical exercise for 3 days. These activities will cause bleeding. The surgical area will ooze slightly for approximately 24 hours after the surgery and the saliva will appear pink in colour. This is normal. If extensive bleeding occurs, place a sterile gauze or tea bag over the area and place pressure for five minutes. This should stop bleeding. If **FRANK RED** bleeding still occurs, call the office for advice.

Oral Hygiene: Starting the day following surgery, gently rinse with the recommended or prescribed mouthrinse twice daily. Avoid brushing and flossing in the surgical area until asked to resume. Warm salt water rinses can be used throughout the day.

Diet: It is important to eat a full but modified diet as your body needs proteins, vitamins, minerals and calories to heal. A soft non-acidic diet is recommended for 4 weeks. **DO NOT WEAR UPPER OR LOWER DENTURES WHILE EATING.**