

Westhill Dental Clinic

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IMPLANT SURGERY POST-OPERATIVE INSTRUCTIONS

IT IS GENERALLY RECOMMENDED THAT YOU GO DIRECTLY HOME AND REST FOR THE REMAINDER OF THE DAY. AVOID ANY STRENUOUS ACTIVITY.

DISCOMFORT & MEDICATIONS: Implant Surgery, like other surgeries, can be associated with varying degrees of discomfort.

- If you received a prescription for pain, take the medication as directed. It is usually best to take the first dose while the surgical site is still anesthetized (numb).
 - You have been given a prescription for antibiotics which should be taken as directed until the medication is done, unless directed otherwise by Dr. Broderick. “WOMEN” Antibiotics will make oral contraceptives less effective and it is recommended that another form of birth control be utilized during this time.
 - Three tablets of Dexamethasone have been given to you. Take two tablets Saturday morning. Then take 1 tablet Sunday morning.
- With prescribed medication, DO NOT: Drink alcoholic beverages, take over the counter medication, unless cleared by your doctor, operate heavy machinery or drive.

SUTURES: Sutures have been placed at the surgical site(s) and will need to be removed approximately 2 weeks after surgery.

MOUTH CARE:

- An ice pack should be applied to the face in the area of the surgery, 15 minutes on and 15 minutes off for 3-4 hours during the first day; then apply as much as possible for the following two days.
- Do not brush or floss the surgical area for 24 hours.
- Do not rinse your mouth the first day as it may promote bleeding.
- Beginning on the 3rd day you may rinse your mouth with warm salt water (½ tsp. of salt) 2-3 times a day to aid in the healing.
- On the day following surgery, begin to brush ALL other areas of your mouth very gently, avoiding the surgical site(s) and periodontal dressing. Floss all other areas of the mouth except near the surgical area(s).

SWELLING/BRUISING:

- Swelling and/or bruising is not unusual following many procedures. It may reach its maximum at the 3rd post-operative day and slowly decrease thereafter. Black and blue marks may appear. Any unusual / large swelling or hot, pulsating sensation should be reported to Dr. Broderick.

BLEEDING:

- You may notice a slight oozing of blood from the surgical site(s). This type of MINOR bleeding for one or two days is not unusual and is not a major concern. If the bleeding does not stop or is excessive, call Dr. Broderick for assistance.

NUTRITION:

- Do not eat or drink anything cold or hot for 3 hours after surgery. Warm foods and fluids are acceptable during this time. On the day of surgery it is best to restrict your diet to fluids and very soft foods. For Example...

potatoes	eggs	oatmeal	Jell-O	yogurt	soft fruit/bananas	soups	pancakes
pudding	ice cream	milk shakes	applesauce	beans	rice		food supplements
noodles	ground beef	casseroles	cottage cheese	fish			

The diet during the remainder of this first postoperative week should be softer in nature than your normal diet. However, you may eat food you desire. Avoid hard, chewy, fibrous or spicy foods, i.e. popcorn, fresh garden salads and corn chips. Good nutrition is essential to healing so be sure to eat well-balanced meals during the course of treatment. It is also important to drink plenty of fluids during this time. *Please do not use a straw.*

EXERCISE:

- Avoid strenuous physical activity during your immediate recovery period, usually 4-5 days. It is advisable not to work out for one week following surgery. Try to avoid sudden movement and bending.

AIR TRAVEL:

- Avoid air travel for 4–5 days following surgery. Pressure changes experienced during flying may cause bleeding & discomfort.

DO NOTS: for the next several days, DO NOT: spit, smoke, rinse hard, drink through a straw, create a “sucking” action in your mouth. These actions promote bleeding. Avoid caffeine, alcohol and tobacco and limit talking during the first 24 hours.

IF YOU HAVE ANY QUESTIONS OR REQUIRE ATTENTION DO NOT HESITATE TO CALL DR. BRODERICK ON CELL # (604) 505-4137