

Implant Dental Surgery Going Home Instructions

For safety and comfort, please read the following information carefully. If you have any questions be sure to ask them.

- Always rinse your mouth every time after you eat something for the next 5 to 7 days. Use teaspoon of salt in a glass of warm water.
- If there is active bleeding, place a sterile gauze pad over the area. Bite down firmly on the gauze pad for about 20 minutes. Throw the gauze away.

NOTE: If active bleeding continues call Dr. Oates at 410-730-0011.

Don't use gauze if there is only light bloodstaining of your saliva, which is normal.

- Drink nourishing liquids or eat very soft foods such as, soup, yogurt, ice cream, Jell-o, custard, and others until you are able to tolerate your regular diet.
- Soft food or drinks may be hot or cold, whatever you prefer.
- Keep dentures in at all times, even when you sleep, until your next dentist appointment.
- Only take dentures out when rinsing your mouth.

What to do to keep the swelling down:

- Apply an ice bag on your face on the side of the surgery **–20 minutes on – 20 minutes off – for the first 8 to 12 hours.**
- After 48 hours you may hold a warm compress (a warm, damp towel)
OR
a hot water bottle to the swollen area. Do this for **20 minutes on – 20 minutes off – for 3 to 4 hours.** It will help to ease the swelling and will make your jaw muscles less sore. **Wrap the hot water bottle in a cloth** to avoid burning your face.
- Sleep with head of bed elevated. Use two or three pillows to decrease swelling And/or bleeding.

Medications: Special instructions: _____

Signs of infection may include the following and must be reported to Dr. Oates.

- **a fever above 101.**
- **persistent pain not relieved by pain medication**
- **a bad smell coming from your mouth**

Allergic or abnormal reactions to the medication used are very rare. However, make sure you call the office if you feel something is not right.

For questions, please call Dr. Oates at:

During business hours	410-730-0011
After business hours	410-740-4079