

Post – Operative Instructions

To ensure your comfort and the success of treatment, we strongly suggest that the following instructions be followed:

1. Work and Exercise

- If sedated, return home immediately and relax/sleep. The sedative medication may need 24 hours to wear off. Do not drive or operate heavy machinery for 18 hours, as your reaction time is slowed. Work may be resumed the next day unless otherwise instructed. DO NOT undertake any strenuous exercise for several days.

2. Diet

- Soft and cool foods only for the first 24 hours/ no straw use/ sucking. Nothing too hot or too cold to drink or eat as it may cause swelling. After 24 hours, we encourage you to restrict to a soft diet, non – spicy, nourishing foods while the healing takes place.

3. Ice pack(Bag)

- Frozen peas/crushed ice in a zip – lock bag, covered with towel. First 4 – 5 hours, hold over the surgical site for 10 minutes on and 5 minutes off, this helps to reduce the swelling. After the 5-hour period, hold over site for 20 minutes on and 20 minutes off. After 24 hours, if swelling is persistent, heat is encouraged (gentle warm water rinses, hot water bottle, heating pad, etc.). This action increases the circulation to the surgical site and promotes healing.

4. Medication: Pain Medicine and Antibiotics

- Pain medication may or may not be prescribed. Prescription pain medications are quite strong and should be taken with food to avoid nausea. If it is not prescribed, aspirin, or acetaminophen tablets (2 tablets every 4 hours) will general help with comfort. Do not take any pain medications if it is not needed. (Avoid driving or operating any mechanical devices while taking prescription medication). If any antibiotic is prescribed to eliminate chance of infection, it is IMPERATIVE that you follow the directions on the label and take this medication UNTIL COMPLETELY FINISHED.

5. Home Care/ Brushing and Flossing:

- It is imperative that you continue brushing and flossing your natural teeth, taking care NOT TO disturb the surgical site area. Please note, toothpaste may irritate the healing process, therefore do not use any for several days. You will be given a prescription for a mouth rinse called Peridex. You are to use this rinse for 7 days, once in the morning and evening after brushing and flossing. TEMPERARY teeth will stain with the use of this product, use a Q – tip and ‘dab’ the surgical site area.

6. General Information

- Problems which arise during your post - operative period, such as persistent pain, abnormal swelling, continued bright red bleeding (although, brownish colour and oozing is OK) etc. should be discussed with us. We also suggest that you elevate your head by using two pillows during the first 36 – 48 hours after surgery. This helps reduce swelling. Remember do not suck or use a straw while eating or drinking. Such activities can cause bleeding and other unwanted side- effects. NO SMOKING, smoking hinders the healing process, and in the case of implants is known to contribute to a 40% loss of dental implant placements. As well, smoking during the healing process, will nullify and void the warranty on these implants.

While this type of dental therapy is not enjoyable for anyone, following the above instructions is the best way to make the healing phase pleasant and possible. Remember this surgical procedure is a way for us to preserve your smile and function.

IF YOU HAVE ANY FURTHER CONCERNS, CALL THE OFFICE AT 519 – 258 – 6722