

Intraoral Implant Post-Operative Instructions

What can I expect after surgery?

An implant is a false metal root placed into the jawbone. Implants form anchors for a crown, bridge or denture attachments.

Implants are usually inserted under local anesthesia (i.e. an injection to make the area numb) or IV sedation. The gum is cut and pushed back to expose the underlying bone. A hole is then drilled into the bone and the implant placed into this hole. The gum is then put back in the right place with stitches.

What can I expect after surgery?

- You may experience a small amount of swelling and soreness.
- The stitches are usually dissolvable but may take several weeks to disappear.

Note: If you are having an implant placed into your lower jaw it is important to be aware that some nerves may lie close to the site of surgery. One of these runs through the center of the jawbone and supplies feeling to your lower lip, chin and lower teeth. The other runs on the inside of the lower jaw and supplies feeling to your tongue and helps with taste. Sometimes these nerves may be bruised when an implant is placed. This can cause tingling or numbness in your lip, chin or tongue, and more rarely altered taste. The chances of these nerves being bruised depends on exactly where your implant is going to be placed and how much bone there is around the nerves. Your surgeon will tell you what the risk is for you.

How do I take care of my incision?

- It is important to keep the surgical site as clean as possible for the first few weeks after the implants are inserted.
- It may be difficult to clean around the area because it is sore.
- It is best to keep the area free from food debris by gently rinsing with a mouthwash or warm salt water (dissolve a flat teaspoon of kitchen salt in a cup of warm water) beginning on the day after surgery.
- Although there may be a little bleeding at the time of surgery this usually stops very quickly and is unlikely to be a problem. Should the area bleed again when you get home this can usually be stopped by applying pressure for at least 10 minutes with a rolled up handkerchief or swab. Infection is uncommon.

What should my activity level be?

- It is advisable to take the rest of the day off work after your surgery.
- You may also need to stay at home for a day or so depending on the type of job you have.
- If lots of implants have been placed and this has required intravenous sedation or a general anesthetic then it is important to remember that you cannot drive or operate machinery for 24 hours after intravenous sedation and for 48 hours after general anesthesia.

Are there diet restrictions after surgery?

- Soft food, avoid chewing anything hard or crunchy and avoid chewing over the surgical site.

How do I manage pain after surgery?

- Regular painkillers will be arranged for you by your surgeon.
- You may have been prescribed a course of antibiotics to reduce the chances of infection, if so please remember to take these.

What follow-up care will I receive?

- Your doctor will specify an appropriate time to return for a follow-up

When should I call my doctor?

- If you have increased swelling or bruising.
- If you have severe or increased pain not relieved by medication.
- If you have any side effects to medications; such as, rash, nausea, headache, vomiting, increased irritability, or constipation.
- If you have an oral temperature over 100.5 degrees. Check to make sure you are getting enough liquids. Dehydration can cause the body temperature to rise.

Who should I call if I have questions?

- (734) 936-5950, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Oral & Maxillofacial Surgeon on call.

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