



STAR Dental Implant Center
Hospital CIMA
Tower 2, Suite 624
Escazu, Costa Rica
1-866-828-2871
info@stardentalimplant.com

Single Implant: Post-surgical care

Below you will find post-operative instructions for you to follow. It will be important for you to follow all of the instructions so that your surgical procedure heals properly.

It is important that you do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. Do not pull on your lips in an attempt to see what was done. Be as gentle as you can around the bone grafting area.

Bleeding Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. In general, use as little pressure as is needed. Change the gauze pad every 30 minutes as needed. If excessive bleeding continues, please call for further instructions. Remove gauze when it is no longer needed.

Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice 20 minutes on and 20 minutes off during your waking hours, for the first 48 hours. Swelling generally reaches a peak between 48 and 72 hours and then subsides over the next 3–5 days. If the swelling does not start to decrease by the fifth post-operative day, please contact your doctor immediately.

Diet

Drink plenty of fluids. Avoid hot liquids and hard foods. Soft foods and liquids should be consumed on the day of surgery. Keep all solid food away from the surgical site for the first three days and then until the tenderness has subsided.

Do not drink through a straw. This creates suction, which may damage a healing clot. You may drink out of a cup or bowl, or use a spoon.

SOFT FOOD DIET LIST FOR SINGLE IMPLANT PATIENTS

Pain: You should begin taking pain medication before the local anesthetic wears off. For moderate pain, ibuprofen (Advil® or Motrin®) may be taken. Ibuprofen bought over the counter comes in 200 mg tablets: 3–4 tablets may be taken every 6–8 hours as needed for pain (no more than 3200 mg/24-hour period). For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medications if you are allergic or have been instructed by your doctor not to take them. This may include patients with liver or kidney disease.

Antibiotics: Be sure to take the prescribed antibiotics as directed to help prevent infection. Take the antibiotics prescribed by your doctor until they are finished, even if you feel fine. They protect the

surgical site from infection. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications (such as diarrhea).

Oral Hygiene: Good oral hygiene is essential to good healing. Warm salt water rinses (a teaspoon of salt in a cup of warm water) should be used at least 4–5 times a day, especially after meals for the first-week post-surgery.

Use the prescribed mouth rinses twice daily. First, rinse with Colgate Periogard, then Oddent. Rinse for 30 seconds with each mouth rinse, no water after you rinse. No food or drink for 30 minutes after rinsing. Once you have finished the prescribed mouth rinses, you will not need to purchase more.

Do not brush the 2 adjacent teeth on either side of the graft site for 5 days. After 5 days, you may gently brush the tooth surfaces of the adjacent teeth, as long as the bristles don't disturb the graft site.

If you have a removable flipper you will need to clean it after each meal. You will brush it with a soft bristle brush and liquid hand soap to clean it. To store it at night, you will want to clean it and then store it in a glass of water so it doesn't dry out. When they dry out they often will not fit properly.

Stitches: The stitches we use are dissolvable. They can start to dissolve or fall out within a week or two, although it may be a few weeks before they disappear completely. Some may last for several months.

Activity: Keep physical activities to a minimum immediately following surgery. If you are exercising, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise and heal well.

Sinus Lift Patients: The sinus lift is performed to increase the height of bone available for your implant(s). It is imperative that you follow the instructions listed below carefully to maximize your healing and improve the long-term outcome of your sinus lift and dental implant(s).

Do **NOT** blow your nose for at least 7 days, as the pressure will delay or damage your sinus healing. If you have to sneeze, do NOT hold it back — sneeze out. Open your mouth and try to minimize the pressure in your nasal/sinus passages.

You may use nasal decongestants, such as over-the-counter Sudafed® tablets or Afrin® nasal spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.

Smoking: Do not smoke because smoking reduces the blood flow, contaminates the healing wound, and frequently leads to infections. Smoking significantly increases the risk of implant failure. If you need assistance to quit smoking see your general practitioner for assistance.