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Post- Operative Instructions for Implant Patients

- 1) Keep gauze dressing in place until you get home. Constant pressure on the gauze will help control bleeding. It is not necessary to clench your teeth. Keeping your mouth closed with your teeth together is enough pressure. Replace the gauze with new ones every 30 minutes until bleeding is minimal. If bleeding persists, please call the office.
- 2) Drink only warm or cold liquids and eat only that does not need to be chewed, yogurt, pudding, Jell-O, ice cream, etc, until the numbness wears off, usually about 8 to 10 hours after surgery. **DO NOT EAT OR DRINK ANYTHING HOT FOR THE FIRST 48 HOURS AFTER SURGERY.** Eat or drink only soft, cool or warm foods such as mashed potatoes, scrambled eggs, well-cooked pasta, pulled pork, fish or meat loaf for the first 4 to 5 days. Avoid spicy, crunchy and chewy foods. Drink plenty of liquids and maintain a balanced diet.
- 3) An ice bag applied to the face will help reduce the tendency for swelling. Apply ice to outside of face after surgery unless otherwise specified. The best method is to apply ice 20 minutes on and 20 minutes off. Ice packs should be used for approx. 48 hours after surgery.
- 4) Rinse with Peridex after lunch and before going to bed starting the day after your surgery.
- 5) The mouth should be gently rinsed with warm saltwater after breakfast and dinner beginning 24 hours after surgery. ½ teaspoon of table salt in 8 oz. of warm water is sufficient. This should be done for one week.
- 6) If prescriptions are given, use only as directed.
- 7) Do not smoke, use a straw or spit for at least the first 4 to 5 days after surgery. These actions can cause slow healing.
- 8) Please return for follow-up examination within 7 days. Sutures are usually dissolving and will fall out on their own 7 to 10 days after surgery.

Remember, our office can be reached 24 hours a day. If you have any problems please call either of the telephone numbers at the top of this page. **If the office phones are not working, the on call Doctor can be reached through the Virginia Hospital Center Switchboard at 703-558-5000.**

(OVER)

Dosing Information for Non-Opioid Pain Medication

There has been considerable concern recently with respect to the use of opioid medications to manage postoperative pain after oral surgery. Research indicates that a combination of Acetaminophen and Ibuprofen can completely replace or greatly reduce the need for opioid medications after your surgery. Below you find general dosing guidelines for **ADULT** use of non-opioid pain medication following your surgical procedure. If there is any question regarding your ability to use high doses of Ibuprofen or Acetaminophen, such as liver or kidney disease, allergy, stomach ulcers, current use of blood thinning medication, etc., please consult your Oral Surgeon or Primary Care Physician prior to their use.

Ibuprofen

Generic Name: *Ibuprofen*

Brand Names: *Advil, Midol, Motrin, Motrin IB, Motrin Migraine Pain*

Over the Counter (OTC) Pill Size: *200mg*

Maximum Daily Dose: *3,200mg (16 OTC tablets)*

Recommended Dosing Frequency: *Every 6 Hours or 4 Times/Day as needed*

Recommended Starting Dose: *600mg (3 OTC tablets) 4 Times/Day as needed*

Acetaminophen

Generic Name: *Acetaminophen*

Brand Names: *Tylenol, Paracetamol, Panadol, APAP*

Over the Counter (OTC) Pill Size: *Regular Strength - 325mg*

Extra Strength – 500mg

Maximum Daily Dose: *3,000mg (9 Regular Strength or 6 Extra Strength tablets)*

Recommended Dosing Frequency: *Every 4 Hours or 6 Times/Day as needed*

***Please Note*:** *Many other medications including prescription strength pain medications given by our office (Tylenol #3, Norco, Vicodin, Percocet, Hydrocodone, Oxycodone) contain 325mg of Acetaminophen in each tablet. Taking these pills will count toward your daily total of Acetaminophen.*

Acetaminophen and Ibuprofen do not interact with each other, so it does not matter how close together they are taken. These medications may be taken together (at the same time) or staggered and taken separately depending on your pain requirements.