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POST-OPERATIVE INSTRUCTIONS IMPLANT PLACEMENT/GRAFTING PROCEDURES

Postoperative care after implant placement or grafting procedures is very important. The following instructions are provided to make your recovery period as short and uneventful as possible:

BLEEDING: Bleeding from the surgical area can be expected throughout the day following the completion of the procedure. Gauze pads should be moistened with cold water, placed over the surgical site, and replaced every 30 minutes until only a slight oozing from the area is noticed. If bleeding continues, then a moistened black tea bag can be placed over the extraction site until the bleeding subsides.

PAIN: The key with postoperative pain control is to stay ahead of the pain. Pain medication should be taken BEFORE the numbness has worn off and ideally should be taken with food. If there is no medical contraindication, then adults may take up to 600mg of Ibuprofen every 6 hours to reduce postoperative pain and swelling. If this is not sufficient to control pain, then prescription pain medication or Acetaminophen (Tylenol) can be taken in addition to the Ibuprofen. Please take all pain medications as prescribed. While taking narcotic pain medication, it is important to not drive a car or operate heavy machinery.

DIET: A soft diet is recommended on the day of surgery (yogurt, milkshakes, ice cream, mashed potatoes, cold soups, etc.). While the surgical sites are still numb, it is especially important to take care while eating to avoid accidentally biting your lip or tongue. It is recommended to eat cold or room temperature food items on the day of surgery, and then advance to all temperature foods the following day. It is okay to resume a more normal diet after 4-5 days, if you feel comfortable. Alcohol is to be avoided for 3-4 days following implant placement.

SMOKING: Smoking is to be completely avoided for at least 2 weeks following implant/graft surgery. Smoking has been shown to affect wound healing and can increase the incidence of implant/graft failure.

ORAL HYGIENE: Excellent oral hygiene habits are important to maintain after surgery. Please **DO NOT** brush your teeth the night of surgery, but it is okay to resume toothbrushing the following morning. Electric or ultrasonic toothbrushes should not be used around the surgical site until the gum tissue has healed (1-2 weeks). Vigorous mouth rinsing should be avoided completely on the day of surgery. Gentle rinsing with warm saltwater or a prescribed antibacterial mouthwash can begin the day after the procedure, typically 2-3 times per day for 7 days. Avoid any other over-the-counter mouthwashes that contain alcohol during this time.

Special considerations for implant placement/bone grafting procedures:

- If bone graft material was placed, then it is normal to occasionally notice small, sand-like granules in your mouth over the next 1-2 weeks.
- If sutures were placed, then these will usually dissolve in 7-14 days. If the sutures are still present at your postoperative visit, then they will be removed by your doctor.
- Antibiotics may be prescribed after your procedure and should be taken as directed. Please discontinue any antibiotic use if you develop a rash, severe diarrhea, or any other adverse reactions and then call the office to inform your doctor.
- If you wear a full or partial denture (“flipper”) over the implant/graft site, then you may wear the appliance immediately after surgery as long as it does not directly contact the implant/graft site. You may need to see your general dentist 1 week after surgery to have the denture appliance adjusted to ensure that it is still not contacting the implant/graft site.

If you have any questions or concerns regarding your postoperative care, then please call our office during our office hours or the doctor on-call after office hours and on weekends. Each office phone number is linked to our on-call service and our doctors will be paged if there are any urgent concerns.