

## **POST-SURGICAL INSTRUCTIONS (IMPLANT)**

### **REST**

After your surgery, I strongly recommend that you return home and relax. You may go back to work the next day, but please wait several days before resuming strenuous exercise or activities.

### **MEDICATION**

You will probably be prescribed a non-steroid anti-inflammatory pain reliever (NSAID) such as Motrin (ibuprofen) or Vioxx. This medication helps relieve swelling as well as pain. Please take this non-steroid, as prescribed, even if you have no pain in order to benefit from its anti-inflammatory properties. A narcotic (Vicoprofen or Lortab) may be prescribed to help relieve more intense pain at night or at other times as needed. It may make you drowsy, so please do not drink alcohol or drive while taking this medication!

You may be prescribed an antibiotic. It is very important that you take every tablet in your prescription at the proper times, no matter how good you feel. The purpose of the antibiotic is to prevent infection. If you do not take the antibiotic you risk infection. The only exception is that you may stop taking the antibiotic if you think that you might be developing an allergic reaction to the antibiotic. Symptoms of an allergic reaction include redness, itching and swelling. If these symptoms are present or you are concerned, please call Dr. Benson.

### **SWELLING**

You may experience some swelling for several days after the procedure. Please use an ice pack or chopped ice wrapped in a towel and place it on your face over the surgical site. Leave the pack on for five or ten minutes out of each hour.

### **FOOD**

Good nutrition is important to speed your recovery. After surgery eat soft foods which do not cause discomfort or dislodge the dressing (See Soft Foods list). You may gradually return to normal eating, as it becomes comfortable to do so. It is essential that you drink plenty of fluids, at least 6 glasses a day, for the first 2 days.

## **SUTURES - BRUSHING**

There may be sutures (stitches) placed in your mouth at the time of surgery that will be removed in about a week. Please do not use a toothbrush in this area. Instead use toothpaste on a Q-tip for cleaning in the surgical area. You may brush and floss everywhere else. You may use mouthwash, but you may prefer to dilute it if it feels uncomfortable at full-strength. The day following the surgery, rinse your mouth very gently with warm salt water. This will aid healing and prevent offensive mouth odors. Do brush your teeth, as a clean mouth will reduce the possibility of an infection. Also, remember that smoking has been shown to delay healing in the mouth and should be eliminated in the early healing phase. It is also absolutely essential that your denture not be placed in your mouth until Dr. Benson permits you to do so.

## **EXTRACTIONS**

If your surgery included tooth extraction(s), do not dislodge the clot that forms in the tooth socket for 24 hours. This is very important to the healing process. Do not drink with a straw, smoke, or create suction, which might loosen the clot.

## **BLEEDING/SWELLING**

Small blood vessels may continue to ooze small amounts of blood for as long as several days after surgery. If the oozing increases or is persistent, apply direct pressure with your thumb to the dressing that covers the surgical site. If this is not effective within five to ten minutes, please contact Dr. Benson. Do not become alarmed regarding swelling or discoloration of the face that may occur following surgery. There may be an elevation of temperature (98.6 to 100 degrees) for the first forty-eight hours after surgery. Be certain to take plenty of fluids. Notify Dr. Benson if the temperature is higher or continues.

## **QUESTIONS**

This information is provided to help you understand what to expect. If something occurs that is not covered, Dr. Benson is on call 24 hours for emergencies. Please feel free to contact him at home at **770-730-9297**, or by calling his cellular phone at **404-983-6218**. We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible.