

IMPLANT PATIENT  
POST-SURGICAL INSTRUCTIONS

1. MEDICATIONS/PRESCRIPTIONS: If an antibiotic is prescribed, it is to be taken until finished. Pain medication is to be taken as instructed on the bottle. No driving when taking narcotic pain medication. It is important to take your pain medication prior to discomfort. It is also important to eat prior to taking pain medication. ***Dr. Bye STRONGLY ENCOURAGES you to begin taking the non-narcotic pain medication within the first hour you arrive home. The additional “stronger” (narcotic) pain medication should be taken if necessary IN ADDITION TO the non-narcotic medication. When you elect to reduce or stop taking the pain medication(s), you should discontinue the “stronger” medication first and then stop all pain medications when you are comfortable.***
2. BLEEDING: A small amount of oozing is normal. Pink or blood-tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel to avoid staining. Rest with head elevated on 2 or more pillows for the first day. If bleeding persists, soak a tea bag in ice cold water, squeeze out excess water and place in affected area with moderate pressure. Leave the tea bag in place for 30 minutes without looking at the area of concern or removing the tea bag. This should cause the bleeding to be reduced significantly or stopped completely. If bleeding persists, repeat the above process.
3. SWELLING: Some swelling after surgery is normal; don't be alarmed. It takes 3 days for surgical swelling to reach peak before subsiding. Ice packs are used to reduce swelling. Ice packs should be applied during the first 24 hours after surgery. Apply for 15 minutes – leave off for 15 minutes.
4. RINSING: Avoid rinsing, spitting, drinking through a straw for the first day, as it may prematurely dissolve the blood clot. A gentle rinsing with Chlorhexidine, twice a day, is important beginning the next day after surgery.
5. SMOKING: We advise you not to smoke at all for 2 weeks after surgery. Smoking can increase pain and lead to poor healing. The longer you refrain from smoking, the better chance you have of healing normally.
6. ORAL HYGIENE: It is important to maintain a normal level of hygiene in the non-operative areas by brushing and flossing. Rinsing twice daily with the Peridex mouth rinse will keep the surgical area clean and free of plaque.
7. SUTURES: A variety of sutures may have been used as part of your treatment and you may feel them with your tongue. They will either dissolve on their own or be removed at the appropriate postoperative appointment.

**It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: (301) 739-6868. If you need to speak to Dr. Fred Bye after hours, his phone number is (301) 991-0267.**