

Supplemental Implant Post-Operative Instructions

What Are Dental Implants?

- Dental implants are titanium screws placed within the jaw bone used to replace missing teeth. The implant itself can be thought of as a replacement for the root of the tooth. The crown of the tooth, or portion of the tooth you see that is above the gingival tissue, will be fabricated by your dentist and attached to the implant once it has fully healed.
- Sometimes implants are placed immediately after tooth extraction, within the tooth socket. In this case, bone grafting around the implant is usually performed as well.
- Implants can also be placed long after tooth extraction or bone grafting. In this case a small osteotomy, or hole, is made with a series of implant drills and is sized and shaped for an implant of specific size.

What is the difference between one and two stage Implant Surgeries?

Implants can be completed as one stage or two stage surgery.

- In 2 stage surgery the implant is placed within the bone and gingival tissues are sutured closed over the site while the implant heals. In this case you will not see any part of the implant above the gingival tissues.
- In one-stage implant surgery the implant is placed within the bone and a healing abutment will be placed on the implant and will protrude above the gum tissue a small amount. The healing abutment is a small metal cap that you will see above the gum tissue. This allows the gum tissue to heal around the healing abutment and helps shape the gum tissue so the future crown appears more natural.

In addition to following our general post-operative instructions, please follow the below supplemental dental implant surgery post-operative instructions.

- There is usually minimal pain associated with dental implant placement. Start with over-the-counter pain medications for pain relief. Advil or Motrin is usually best unless otherwise directed by your surgeon or medical provider.
- If narcotic pain medications were prescribed, use as directed. DO not operate machinery or a motor vehicle if taking narcotic pain medications. Do not take on an empty stomach as it may cause nausea.
- DO NOT SMOKE OR USE TOBACCO PRODUCTS.
- Take antibiotics as prescribed.
- If a medicated mouth rinse was prescribed, start using on the day after surgery and use for a total of 7-10 days.
- Maintain good oral hygiene. Brush and floss your teeth normally. However, brush gently around the implant site to avoid disrupting sutures.

- **If a single stage implant surgery was performed**, keep the healing abutment clean by brushing lightly or cleaning with a Q-tip dipped in Listerine or medicated mouth rinse, if prescribed.
- Avoid chewing hard foods directly on the implant site. Doing so can delay healing and decrease the ability of the implant to osseointegrate (fuse with the bone).
- Sutures may be dissolvable or non-dissolvable.
 - If dissolvable sutures were placed, they will come out on their own within a few days. You do not need to return for removal.
 - If non-dissolving sutures were placed, you will need to return for suture removal, usually 1-2 weeks after surgery.
- **If bone grafting was performed** at the time of implant placement you may be aware of small graft particles over the first few days. It is not uncommon to lose some small graft particles during the healing process.
- Bruising after surgery is possible and should not cause alarm. Implants in the lower jaw may cause bruising that extends to the neck. Bruising will resolve on its own and may take a few weeks for full resolution.
- If an implant was placed in the lower jaw and you experience numbness to your lip, chin, or tongue for longer than 8 hours after your surgery please call our office.

If you have any questions or concerns you can call our office at any time at 980-435-4600.