

Instructions for Care Following Extractions, Bone Grafting & Dental Implants

To maximize the chances for a successful bone graft and/or dental implant, we recommend you do not manipulate your mouth. Minimize your talking and do not pull your lips or cheeks to observe the surgical area. The key is to keep your mouth at rest as much as possible.

Rest: Lying quietly with your head elevated is recommended for the remainder of the day. Please limit your physical activity. Always get up slowly from a reclined position. Treat yourself as if you have a cold or flu. We want your resistance to be as high as possible to encourage rapid healing.

Nutrition: It is very important to maintain an adequate diet after surgery. Drink at least eight glasses of fluids per day. You can chew on the opposite side of the mouth. Eat foods that supply nourishment with little (if any) chewing necessary for swallowing (broths, soups, mashed potatoes, eggs, puddings, smoothies, milkshakes, etc.) for the first few days, and slowly work up to more firm foods. Avoid anything too hot, spicy, sharp, hard, or crunchy. Avoid the use of straws. Food supplements (Ensure, Boost, etc.) are recommended if you have difficulty obtaining an adequate diet.

Medication: If necessary, Dr. Manji or Dr. Faucher will have prescribed medication to be taken for relief of discomfort. The instructions for taking this medication will be on the bottle. Please follow them carefully. If you do not have any contraindications for the use of NSAID medications, it is strongly recommended that you take Advil/Motrin/Ibuprofen for the first 48 hours even if you are not experiencing any discomfort to minimize swelling.

Bleeding: Avoid the use of straws as this can induce bleeding. Some slight seepage of blood is expected. Apply light pressure with 1-2 pieces of damp gauze, for 15 minutes if this occurs. Extensive bleeding should not occur, but in an emergency apply pressure with a moistened tea bag for 1 hour to the bleeding area. If you have any concerns, please call our office.

Swelling: Some swelling often occurs and this is normal. You can minimize the swelling (and consequently the pain) by placing an ice pack on the outside of your face in the area of the surgical procedure. Hold the ice pack on for 20 minutes, then off for 20 minutes, for the first day. Do not use heat on your face for the first 48 hours and avoid hot drinks or hot foods. If excessive swelling or pain occurs, please call us.

Rinse: No rinsing for the first day after surgery. If you were given a prescription for Peridex, you may start using the antimicrobial mouth rinse the day after surgery. You should rinse with it two times per day, after breakfast and before bed. Additional salt water rinses after each meal can be done in between. 1TBS salt & $\frac{3}{4}$ glass of warm water. You should only gently move the liquid in your mouth, no vigorous swishing. If your pharmacy cannot provide Peridex, rinse with a hydrogen peroxide 3% diluted 1:3 with water. Ex: 1/3 cup hydrogen peroxide + 2/3 cup water. Rinse 2-3 times day for 1 minute and spit out.

Oral Hygiene: Meticulous oral hygiene should be continued in all other areas of your mouth, but do not brush or floss the surgical area or the adjacent teeth. Gentle rinsing after meals and before bed will be sufficient in the surgical area. A Q-tip dipped in the mouth rinse can be used to gently clean the surface of the surgical site and the adjacent teeth. Use Vaseline at the corners of your mouth to prevent drying and cracking.

Smoking: We suggest you avoid or minimize smoking for it tends to dry out the oral tissues. Thus acting as an irritant, it delays healing and may encourage bleeding.

Alcohol: It is very important that you avoid alcohol as it can mix with the medications you are taking and cause a severe over-reaction. Alcohol can also act as an irritant and delay healing.

Sinus bone grafting: It is important to remember that bleeding from your nose for the first 1-3 days is normal, also we want no pressure in the sinus for the first two weeks following surgery. Absolutely no nose blowing, and please remember to sneeze with your mouth open. Occasionally there will be mucus and/or some blood in the back of your throat in the morning for the first week. It is normal to experience a nose bleed, if you do please pinch your nose for 15 mins, tilting your head down.

Problems: Occasionally minor complications may occur. Please do not hesitate to call our office with any questions (day or night).

Week Following Surgery

Activities: You may resume normal activities, unless otherwise instructed.

Dental Implant hygiene: Implants when placed, can either be buried under the gum tissue (not visible), or with a silver healing abutment screwed onto the top of them. These silver "buttons" should be kept clean with gentle tooth brushing to keep the plaque bacteria off of them. It is imperative that during the first 3 months of healing, there is no pressure put on the dental implant from foods or temporaries. Should the healing abutment become loose, or unscrewed from the implant please call the office.

Sutures/Membranes: For some bone grafts the periodontists may cover the site with a white non-resorbable membrane, this should ideally stay in place for ~4 weeks. The stitches may be a combination of dissolving and non-resorbable sutures. Do not tug or pull on them as they may be holding the membrane in place. The periodontist will remove the stitches and membrane when optimal healing is achieved.

Swelling: If you still have swelling or bruising you can use a warm compress 15 mins on, and off.

Oral Hygiene: Gently brush and floss all areas of where surgery has not been performed. Do not touch the surgical site for the first two weeks unless otherwise instructed.

Our office number is 604-532-1080 In an Emergency, please call Dr. Manji 778-387-3727 or Dr. Faucher 778-836-7322