

Post-op Instructions - Implant Placement

BLEEDING: Small amounts of blood in the saliva can make your saliva appear quite red. This is normal and may be noticed the rest of the day after the procedure.

SMOKING AND VAPING (Medicinal marihuana included): The placement of an implant or any other surgical procedure requires a blood clot to form and normal healing processes to occur. People who smoke have a decreased healing response and in turn have a decrease in their success rate of their dental implants or any other surgical procedure. While Dr. Quevedo stands by his work within reasonable conditions, any patient who smokes post procedure or anytime thereafter will have a decreased chance of success. Success rates in smokers for dental implants and/or bone graft procedures have been reported to be 50-82% in success.

Smokers have been reported to lose bone at 10 times the rate of a healthy, non-smoking individual. Dr. Quevedo DOES NOT WARRANTEE any surgical procedure that is done on a patient who smokes post any surgical procedure. Should any failure and complication occur, the patient would be responsible for all costs, lab, labor, and sedation fees that will be incurred.

My medical health such as diabetes, as well as medications that are prescribed for various conditions such as osteoporosis, autoimmune diseases, cancer, hypertension, etc may have substantial effects on healing after implant therapy. These conditions, in particular medications used for osteoporosis may cause poor healing and in some cases, necrosis (death) of jaw bone. This may cause long-term impairment of the jaw bone. When multiple risk factors are combined such as medications with adverse healing, diabetes, and or smoking, the risks may exponentially increase

PAIN: Some discomfort is normal after surgery. To minimize pain, take the prescriptions given to you as instructed on the label. Don't exceed the dose on the label. Taking with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery while taking pain medications. Do not drink alcohol while taking prescription pain medications.

NAUSEA: This is most often caused by taking pain medications on an empty stomach. Reduce nausea by preceding each pain pill with soft food, and taking the pill with a

large glass of water.

SWELLING: Applying an ice bag to the face over the operated area will minimize swelling. Apply for 15 minutes, then remove for 15 minutes. Continue this repeatedly for the first day.

NUMBNESS: The local anesthetic will cause you to be numb for several hours after you leave the office. Be very careful not to bite, chew, pinch, or scratch the numb area. Sometimes the implant procedure causes residual numbness or tingling for six weeks or longer.

BRUSHING: Do not brush your teeth for the first 8 hours after surgery. After this, you may brush your teeth gently, but avoid the area of surgery for 3 days.

RINSING: Avoid all rinsing or swishing for 24 hours after your procedure. After 24 hours you may begin gentle rinsing with a saltwater solution (1/2 teaspoon salt + 8 ounces warm water). Avoid commercial mouth rinses. You may be instructed to use a prescription antimicrobial mouth rinse.

DIET: Eat soft foods for the first two days. Maintain a good, balanced diet. Return to normal regular meals as soon as you are able after the first two days. Drink plenty of water. Avoid alcohol for 48 hours.

ACTIVITY: After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

ANTIBIOTICS: If you were given an antibiotic prescription, take all of them as directed until they are gone. Women: some antibiotics can reduce the effectiveness of birth control pills. Use alternate birth control methods for two months.

SINUS: If your sinus was involved in the procedure, you should avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medications might be recommended.

REMOVABLE APPLIANCES, DENTURES: Dr. Quevedo will give you specific instructions about your prosthesis. Sometimes a temporary removable appliance is made for cosmetic purposes, until a new non-removable one can be made.

FOLLOW-UP APPOINTMENTS: You may need to return to the office within the first 14

days to have sutures removed, or just for a brief follow-up healing check. You may need to return after the implant has integrated for a small second procedure to expose it in preparation for the final restoration.

DO NOT USE any sleeping devices that forces air to your mouth, example cpap. As this could lead to subcutaneous emphysema. Dr. Quevedo will let you know when you could resume using the devise.

If you are experiencing any of the following symptoms:

- uncontrollable pain
- excessive or severe bleeding
- marked fever
- excessive warm swelling occurring a few days after the procedure
- reactions to medications, especially rash, itching, or breathing problem

Please Call Aqua Dental at 561-737-3200 and press # 2

Following these instructions very closely will greatly help your comfort, and promote uneventful healing of the area. If any of the instructions are not followed, you might have significantly more discomfort, and the success of the procedure may be affected.