

Dr Anthony J Oliver

Oral & Maxillofacial Surgeon

Instructions Following Implant Placement

BLEEDING

A certain amount of bleeding occurs following oral surgery. Do not stress. Large blood clots at the surgical site can be gently wiped away. Should the bleeding be of concern to you – place a gauze pack over the surgical site and bite down firmly (but don't overdo it) for 15 – 20 minutes. This gauze pressure method can be repeated if needed.

- If bleeding continues, bite down on a moistened (cold) black tea bag for 30 minutes. The tannin in the tea helps the blood vessels in the area to contract and slow the bleeding.
- Do not rinse your mouth for 24 hours following your surgery.
- Avoid probing the surgical site with your tongue and fingers.
- To minimize bleeding: do not engage in vigorous physical activity for at least five (5) days and sleep with two (2) pillows for the first three (3) nights following surgery.

If you continue to have issues with bleeding, please call us for further advice.

PAIN

Provided you have no known allergies – then we recommend a combination of:

2 Nurofen with 1 Panadol (Panadeine) every 4 – 6 hours to help manage whatever postoperative discomfort you may be experiencing.

Should this not be sufficient – please use the prescription analgesic provided in the manner recommended.



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Please remember that some food or liquid with your prescription pain medication will help reduce the risk of nausea. A milkshake or smoothie is a good idea. The narcotic medications prescribed will help settle more severe discomfort, however, remember they have the ability to slow our reflexes and make us a little groggy. Do not drive a car or operate machinery whilst using such medication.

Avoid alcoholic beverages for at least five (5) days following surgery.

Your post-surgical pain will settle after 3 – 5 days.

If pain persists please contact us for further advice.

ANTIBIOTICS

Please complete the full course of antibiotics you were prescribed.

FEMALE PATIENTS PLEASE NOTE: Antibiotics may interfere with the effectiveness of your contraceptive pill – please check with your family doctor regarding this.

SWELLING / BRUISING

Swelling and bruising of the face following oral surgery is normal. Swelling of the tissues around the cheeks, eyes and sides of the face is commonly seen. This represents the body's initial response to surgery and is part of the healing process.

Bruising very simply, represents blood that instead of coming out of the surgical site (“bleeding”) seeps into the soft tissues around the surgical site. This will change in colour from: yellow to blue over a few days and then gradually fade away. Sorry about it – I know it looks awful (it's not really my fault ☺).

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Stiffness of the facial muscles (also known as: “trismus”) may restrict your normal mouth opening for as long as a week after your surgery. This is not uncommon and should settle over time and with the resolution of your facial swelling.

The use of ice packs in the immediate 24 hour period following surgery will reduce (though not completely eliminate) your facial swelling.

- Apply ice to the face next to your surgery site for the first 12 – 24 hours.
- 20 minutes on / 20 minutes off
- After day three (3) warm compresses to the site will be more soothing.
- Sleeping with two (2) pillows will also help reduce facial swelling.

Swelling and bruising reach their zenith by day 3 – 4. Everything will be OK!

ORAL HYGIENE

Do not rinse, gargle or swish your mouth for the first 24 hours following surgery.

- The following day - after evening meal – rinse GENTLY with warm salt water (1/2 tsp of salt in a tumbler of warm water).
- Repeat this rinsing protocol 5 – 6 times a day for the first three (3) days after surgery.
- **On day 4: commence rinsing with the Curosept mouthwash provided to you – 3 times per day until the bottle is finished.**
- Recommence your usual toothbrushing protocol on day 2 following surgery. Care should of course be taken to avoid the surgical site. There will be a number of fine sutures at your implant site and they should not be disturbed by your toothbrushing.
- **We will advise you when it is OK to start brushing the surgical site/implant.**

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DIET

We advise against: smoking, drinking through a straw, carbonated drinks and abrasive foods such as: chips, popcorn, nuts, crusty bread for the first seven (7) days following surgery.

- a soft diet for the first week following surgery is advisable so as not to disturb your sutures: scrambled eggs, soups, pasta, yoghurt, mashed potatoes, yoghurt, steamed vegetables and fish (you get the idea!)
- **favour the unoperated side when chewing.**
- During the first week following surgery your normal food intake will be reduced. It is important to keep **well hydrated (6 – 8 glasses of water / juice per day as a minimum during the first week) during this period. You will feel better.**