

# DR. LORENZO VIGNA

D.D.S., F.R.C.D.(C) - ORAL & MAXILLOFACIAL SURGEON

## **HOME CARE INSTRUCTIONS FOR IMPLANT PATIENTS**

### **BLEEDING**

A gauze pack should be placed on the wound (implant site) to limit bleeding while clotting takes place. The gauze pack should be left in place for half an hour after you leave the office. DO NOT CHEW ON THIS GAUZE. MAINTAIN MILD PRESSURE.

### **If bleeding or oozing continues after the gauze is removed, follow this procedure:**

1. Fold a piece of clean gauze into a pad thick enough to bite on. Moisten the pad with cold water and place directly on the bleeding area.
2. Apply mild pressure to the area by closing the teeth gently together. Maintain this pressure for about half an hour, repeat if necessary. REMEMBER PRESSURE WILL STOP BLEEDING.
3. Do not suck on the implant site: sucking may stimulate bleeding.
4. Do not forcefully spit. Allow the saliva to run out of your mouth, then wipe it with a tissue.
5. If you run out of gauze you may use a cold wet tea bag.
6. If heavy bleeding occurs or continues, call the office.
7. Do not go to bed with gauze in your mouth.
8. Do not eat or drink with gauze in your mouth.

### **ACTIVITY**

#### **Local Anesthesia Patients:**

1. Maintain the head and upper body elevated with pillows.
2. DO NOT SMOKE. Smoking will delay healing and increase the pain.
3. Limit strenuous activity for 48-72 hours. This will reduce bleeding and help the wound heal.
4. Do not drink from a straw for 24 hours. This creates suction in the mouth, which could recommence the bleeding.
5. Start brushing your teeth the day following surgery. Do not brush the surgical site.
6. If you have persistent pain or a very foul taste in your mouth, call the office.
7. Avoid operation of a motor vehicle and dangerous machinery while on pain medications.

#### **General Anesthesia or Sedation Patients:**

Follow instructions 1-7 above, as well as the following:

1. The patient should rest under responsible adult supervision for the remainder of the day and night.
2. Do not operate a motor vehicle or dangerous machinery for a minimum of 18 hours post anesthesia.
3. Do not climb stairs unaccompanied for 24 hours following anesthesia.

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## **RINSING**

1. Do not rinse your mouth for 24 hours.
2. After 24 hours start to rinse gently four times a day with warm salt water (1 tablespoon Salt in an 8 oz. glass of warm water).
3. Use your mouth rinse as prescribed.
4. Remember that a clean wound heals better and faster.

## **SWELLING**

The amount of swelling depends on the difficulty of the surgery and on the individual. It peaks in 72 hours and lasts about a week.

**TO HELP REDUCE THE SWELLING:** Apply an ice pack to your face (cheeks), 20 minutes on and 20 minutes off (as often as you can, working around your schedule) for the first 3 days. After 3 days, discontinue the ice and instead apply a warm damp towel or heating pad to the swollen area. Continue this until the swelling is resolved.

## **PAIN**

After surgery, you will experience some pain for at least 2-3 days. Medications will be prescribed to you to control pain. Follow these instructions:

1. Have the prescriptions filled as soon as possible by the Pharmacist.
2. Use the medication only as prescribed.
3. Take the pain medication before the numbness wears off.
4. Do not drive or perform activity that you will be held responsible for while taking pain pills. Pain pills such as Tylenol 3 and Percocet contain narcotics.
5. Do not drink alcohol when taking narcotics.
6. Avoid taking medication on an empty stomach. Take with yogurt, pudding, applesauce, jello, soup, etc.
7. A sore throat is to be expected after your general anesthetic. Throat lozenges and plenty of cold liquids will help with this.

## **NAUSEA**

Post-operative nausea may be due to a general anesthetic or narcotic pain relievers. It may help to take food along with your pain pills, as the narcotics cause more upset on an empty stomach. If necessary, Gravol may be purchased at most pharmacies and should be taken as directed.

## **FEVER**

A slight fever is expected for a few days. If the fever is high or prolonged, notify our office.

## **BRUISING**

Bruising of the skin is variable and is not cause for alarm. It can be extensive at times.

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## **DIET**

After the surgery, drink plenty of liquids such as fruit juices, iced tea, Gatorade, Boost, warm tea, or broth.

- Avoid hot liquids and spicy foods.
- Do not drink alcohol for 24 hours, or while taking narcotics.

You may start on soft foods the day after surgery, and continue altering your diet as chewing becomes more comfortable. No hard chewing over the area of the implant(s).

## **SUTURES**

The sutures (stitches) are slowly dissolvable and may fall out after 3-4 days, but the Doctor usually removes them.

## **EMERGENCY**

If you need assistance, the doctor may be reached between 9AM and 9PM at (905) 704-1449. If any emergency should arise after 9PM, please seek care at the nearest Hospital Emergency Department.