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**Post- Operative Procedures and Recommendations
following
Implants and Graft Procedures**

- 1) You should plan to allow for 2 days of rest after the procedure. No physical activity- just rest, read, watch TV or sleep.
- 2) You should apply ice to your face for the first 24-48 hours. Do not apply ice directly to the skin- wrap a washcloth or panty hose around ice in Ziploc bags or frozen bagged vegetables. Do not apply heat to the face.
- 3) If tolerated, you should take 2 Aleve (3 times a day) OR 3 Advil (3 times a day) regardless if you are hurting or not. This reduces pain, swelling, and stiffness of the jaw. If medications are prescribed take them exactly as directed.
- 4) You may see some oozing for the first 24 hours to 48 hours, this is normal. Bright red active bleeding is not expected.
- 5) Do not rinse your mouth, swish liquids in your mouth, use a straw, spit, or smoke for the first 24 hours.
- 6) Smoking should be stopped until sutures are removed or for the first week to ensure the best healing and success of you surgical procedure. Healing results are significantly worse in smokers than in non-smokers.
- 7) Eat on the opposite side, if possible. Avoid eating nuts, gritty foods, or popcorn for 6 weeks.
- 8) Avoid sodas or acidic beverages (orange juice, grapefruit juice). Avoid alcohol for 48 hours. If you are taking prescribed medications, avoid alcohol until you are finished taking them.
- 9) Salt water rinses should start AFTER the first 24 hours (1 teaspoon of table salt to 1 cup of warm water). Be sure bleeding has stopped prior to rinsing. Do not use Listerine, Scope, or other mouth rinses for the first week.
- 10) The second and third day after surgery will be the time when the patient will have the most swelling.
- 11) You should have soft cool foods and plenty of fluids after surgery. Post dental surgery is not the time to start a diet. A healthy diet will affect the way you feel and in the way you heal. Yogurt, pudding, bananas, mashed potatoes, soups, cooked vegetables, and fruit juices are some good choices. If chewing is difficult for you, Carnation Instant Breakfast and Ensure products provide essential vitamins and minerals and are easily digested without chewing.
- 12) Patients who wear dentures should be aware that denture use will delay healing: therefore, it is recommended that the patient abstain from denture use for 5-7 days following surgery, unless specifically advised otherwise by doctor.
- 13) For grafting procedures, we would like to see you in 2 weeks for suture removal. You will also need to return in 1 month and 3 months for a follow-up evaluation.
- 14) For implant placements, we would like to see you in 2 weeks, 1 month, 3 months, 6 months and a year for follow-ups.