



Implant and Bone Grafting Instructions

Thank you again for your trust in turning to me and my team to help with your oral surgery needs. Below I outline the usual guidelines and instructions for dental implants and bone grafts. If you have any questions, my team and I are here to help you in whatever manner we can.

- If you have any questions before surgery, any at all, please call us.
- If scheduled for IV sedation, do not eat or drink anything (including water) for eight (8) hours prior to surgery. However, it is important that you take any regular medications (high blood pressure, antibiotics, etc.) or any pre-medication prescription that we have provided, using only a small sip of water. You must also have a responsible person drive you home after our procedure.
- Keep the gauze in your mouth with firm, stable pressure for 1 to 1½ hours after your procedure.
- Swelling after surgery is normal and typically peaks 2-3 days after your procedure. To reduce swelling, ice packs may be placed over the surgical site -- 20 minutes on, 20 minutes off -- for two days following surgery.
- Antibiotics, if given, should be taken until finished and on the schedule prescribed.
- There will be bleeding from the surgical site up to 3 days after surgery. If you have any concerns of further oozing, immediately place firm pressure over the sites with gauze. Oozing may also occur with vigorous exercise up to 2 weeks after surgery.
- After IV medications and surgery, you should not operate bicycles, skateboards or skates; any type of motorized vehicles; or any machinery for 24 hours.
- After IV (sleep) medications, do not walk around without assistance. You should also only go up and down stairs with assistance. Use a seat belt at all times when you're seated in a motor vehicle.
- Most discomfort will occur between for 3-4 days following surgery. Take medication for pain and discomfort as needed. Often it is important during the first 2-3 days to "stay ahead of the pain" by taking the pain medications before acute pain sets in. After the immediate post-operative period (2-3 days) pain medications should be taken only when needed. Any pain medication can upset the stomach and taking with food often helps. You should not drive or operate machinery after taking the pain medications.

Instructions for Postoperative Care (continued)

- A soft diet may be required. (Nourishing foods that can be taken with comfort include yogurts, puddings, milkshakes, soups, eggs and cottage cheese.) Limited opening of the mouth can be expected between one to three weeks after a procedure. It is important to refrain from hard, crunchy foods (including popcorn, chips, pretzels and nuts), which may harm the surgical site. Avoid extremely hot foods, but you can eat ice cream and frozen yogurt. If you are diabetic, maintain as close to your normal eating habits as possible or follow the instructions given by your doctor.
- Cleaning of the mouth can begin soon after surgery. For the 1st two postoperative days do not brush surgical site. After two very gentle brushing with a soft toothbrush may be resumed.
- As discussed before surgery smoking increases the chance of failure of implants and bone grafts. If you require further help to stop smoking please ask Dr. Martin and his staff and we will help you to find the assistance you require.
- Sutures, if any have been placed, may dissolve or may be removed at the next follow-up appointment.
- If you have any questions or problems, please do not hesitate to call the office: Truckee (530) 587-5440 or South Lake Tahoe (530) 541-4042 many concerns can be addressed by going to our website: TahoeOralSurgery.com