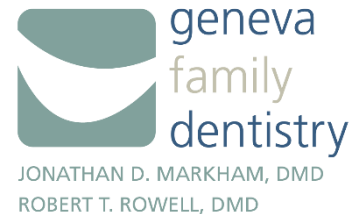


DENTAL IMPLANT OR BONE GRAFT POST-OP INSTRUCTIONS



- 1.) Leave gauze in place and stay biting down for at least 30 minutes. If bleeding continues, change out gauze every 30 minutes and continue to keep pressure on the area. You may also bite on a small tea bag as well to help promote clotting.
- 2.) Try not to eat or drink much for the first hour. Once you begin eating, eat softer foods and favor the side opposite the surgical site.
- 3.) Do not spit aggressively or suck through a straw for the first 24 hours.
- 4.) Some swelling is normal. Ice the area for 15 minute intervals for 4-6 hours to help with swelling. The earlier after surgery this is done the better. Swelling reaches its peak 3-4 days after surgery.
- 5.) Bed or couch rest the day of the surgery is recommended. Minimize exertion and strenuous activity for the first 3-4 days after surgery. If you have had an implant placed, try not to bounce or jostle your face for 2 ½ weeks.
- 6.) **Start your antibacterial mouth rinse the day of surgery.** Rinse for 30 seconds to 1 minute, 3-4 times a day. An antibacterial mouth rinse such as Zinc, Silver, Chlorohexidine, or Closys may have been prescribed to you.
- 7.) Do not smoke or drink alcohol for at least 24 hours.
- 8.) **Take the pain medication as directed.** Try to take within 30 minutes to 1 hour after leaving the office (before the anesthetic wears off to decrease pain).
- 9.) Brush your teeth as normal, but be careful near the surgery site and try to avoid it for 2-3 days.
- 10.) If you have had a Bone Graft placed, it is normal for some small pieces (similar to grits) to become dislodged.
- 11.) **If your surgical site opens, a membrane/cover becomes dislodged, or you feel like a significant amount of bone graft is coming out of the site, please contact our office immediately.**
- 12.) Antibiotics: Not all oral surgery requires antibiotics. If you were prescribed an antibiotic, take it as soon as possible after surgery and take the full course. Take a probiotic with any antibiotic to promote gut health.
- 13.) We advise you to seek medical attention immediately and go to the EMERGENCY ROOM if there are any concerns that the swelling is rapidly worsening and/or you have difficulty breathing or swallowing.

If you have any questions, or feel you are not healing properly, please call our office immediately at 334.248.6816.

If you feel you have an emergency after hours:

Dr. Markham: 205-582-8027

Dr. Rowell: 251-272-9423