After Hours & Weekend Emergencies

Please call the
Fairview University Medical Center
switchboard at
(612) 273-3000
Ask for the on call
Oral and Maxillofacial Surgery Resident to be paged.

It is our desire your recovery is as smooth as possible. These instructions are given to assist you following your surgery, but if you have any questions about your progress, please call the clinic at
(612) 624-8600
during office hours.

Other clinic numbers:
Fax: 612-624-2669

Oral & Maxillofacial Surgery Clinic
School of Dentistry

Home Care Instructions Following:
Stage I Implant Surgery

Clinic Hours
Mon-Fri 8am-4pm
(612) 624-8600

Date:

Patient name:

Reason for visit:

Next visit:

Medications prescribed:

☐ Ibuprofen ☐ Acetaminophen ☐ Peridex

☐ Other:

Pharmacy:

Resident/Provider seen:

Additional notes:

Postoperative Instructions

Bleeding: Keep gauze on the surgical area for 30 minutes following surgery. Some minor bleeding day of surgery is expected and Oozing of blood is normal for the next 24-48 hours and after eating. Report excessive bleeding to your surgeon immediately.

Swelling: Swelling of the surgical site is expected up to 72 hours following the procedure. You can reduce swelling by applying an icepack to the face for 20 minutes on and 20 minutes off for the first 24-48 hours. Try avoid exercise for the first 24 hours and sleep in an elevated position for the first few days, using an extra pillow or two behind your back and neck.

Pain: Moderate pain is common 24-48 hours following surgery. Take prescription pain medications as prescribed. If intense pain persists that cannot be relieved by prescribed pain medication, contact your surgeon.

Bruising: Occasionally bruising develops in areas close to the surgical site and may even extend along the neck to your collarbone. Any discoloration from bruising should disappear within a few days following surgery. If bruising continues to increase beyond the first 24-48 hours after surgery, call your doctor.

Antibiotics: If prescribed by your surgeon, take as directed. Report any side effects, such as a rash or diarrhea, to your surgeon. Infection is rare following implant surgery, but occasionally infection can occur. If fever, persistent swelling/pain, or pus develops following surgery, contact your surgeon.

Cleaning your mouth: Your surgeon may have prescribed a mouth rinse called Peridex (Chlorhexidine). Gently rinse two times a day, starting the day after surgery. If Peridex was not prescribed, you may use warm salt-water rinses three times a day.

Tooth Brushing: You should resume normal oral hygiene habits beginning the day after surgery. Unless instructed otherwise, it is very important that you gently brush and floss your other teeth starting after 24 hours. It is very important to keep your mouth clean to avoid infection. It is normal to see a small amount of blood on your toothbrush.

Diet: No hot, spicy or acidic foods (orange juice, tomatoes, salsa) for one week. Avoid crunchy/hard foods (popcorn, chips, peanuts) for 2 weeks.
Wearing your dentures: If you wore a denture before surgery, your surgeon may request that you leave it out until your follow-up appointment. Contact your surgeon or prosthodontist before wearing your denture or if you have questions regarding wearing it.

Sinus: If you had implants placed in the upper back molar area sinus complications may occur. Any sinus symptoms such as stuffiness, pain, or nasal regurgitations should be reported to your surgeon.

Trismus: or stiffness of the jaw muscles may be caused by swelling following surgery. As the swelling decreases, trismus should subside. If it persists, please call your doctor.

Numbness: Loss or change of sensation in the lower lip, tongue, cheek, chin, gums, or teeth can occur if implants are placed and a nearby nerve is irritated. Usually, this is temporary, but in rare cases can be permanent. Report numbness to your surgeon at post-operative appointments if it is still present.

Nausea: If you had your implants placed under general anesthesia or IV sedation, you may experience nausea and vomiting for a few hours after surgery. If this persists or becomes severe contact your surgeon.

Exposed Implants: If you notice an implant is exposed through your gums, notify your surgeon. This is not necessarily a sign of implant failure, but your surgeon may want to see you before your scheduled follow-up appointment. Continue recommended oral hygiene as stated previously.

Sutures: Your surgeon may have placed sutures that will dissolve in 10-14 days. If not, you may be required to return for suture removal. Do not lift up your lip or pull on your cheek to look at the stitches, this can tear open the surgical site. Avoid touching the surgical site with your fingers- this can spread bacteria to the area of the surgery. DO NOT REMOVE SUTURES BY YOURSELF.

Bone Graft: If a bone graft was placed, you can expect to find small particles in your mouth for the first several weeks. Notify us if there are large particles. Do not apply pressure with your tongue or fingers as the material may be movable during the initial healing period.

Smoking: No smoking for the next 5-7 days. If you do, your implant or bone graft may fail.