

# MAXILLOFACIAL AND ORAL SURGERY, P.A.

*University of Minnesota, Division of Oral and Maxillofacial Surgery*

SURGERY ▪ RESEARCH ▪ EDUCATION

David L. Basi, D.M.D., Ph.D.  
Pamela J. Hughes, D.D.S.  
James Q. Swift, D.D.S.  
*Diplomates, American Board of  
Oral and Maxillofacial Surgery*

It is our desire that your recovery be as smooth and pleasant as possible. These instructions are given to assist you following your surgery, but if you have any questions about your progress, please call us.

**Clinic (612) 624-4435**  
**Monday–Friday, 8 A.M. to 4 P.M.**  
**[www.mospa.net](http://www.mospa.net)**

**After-hours, weekends, emergencies**  
**(651) 229-5296**

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## *Our Mission*

as clinicians, educators, and researchers  
is to provide contemporary oral  
and maxillofacial surgical services  
with the highest consideration  
for quality care and patient comfort.

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## *Home-care information following* **Placement of Dental Implants**



## *Home-care information following*

# Placement of Dental Implants

1. ***Do not spit, rinse*** your mouth vigorously, or ***drink through a straw*** for 24 hours following the procedure.  
  
After 24 hours, begin rinsing with the prescribed mouth rinse two to three times a day, especially after eating.
2. ***Do not smoke*** for 72 hours following the procedure. Smokers do have an increase in implant failure rates even if they do not smoke after the procedure.
3. ***Diet:*** Patients should eat soft foods, and drink plenty of fluids. On the day of surgery, hot foods and liquids should be avoided
4. ***Bleeding:*** Typically the surgical area may bleed lightly for 12-24 hours following the procedure. If you experience bleeding, place gauze over the surgical site and bite to apply pressure to the wound. Make sure the gauze is directly over the surgical site and area of bleeding. Pressure should be kept on the area for 20-30 minutes. If the bleeding is extremely heavy, or will not resolve with pressure, please call for instructions.
5. ***Swelling:*** You should expect some degree of swelling and/or bruising after the procedure. Some swelling can be quite severe. Swelling usually worsens during the first 36 hours following the procedure. To minimize swelling, place an ice pack to the face in the general area of surgery. Continually place on and off for ten to fifteen minutes.

This is most effective during the first 24 hours after the procedure. Slightly elevate your head while sleeping or lying down.

6. ***Pain:*** Take analgesic medications as prescribed by your doctor. In general, begin taking pain medication before the local anesthesia (numbness) wears off. Taking pain medications on an empty stomach may cause nausea or vomiting. Please have something to eat or drink before taking pain medications.
7. ***Other:***
  - Sutures:*** Your doctor may have placed sutures; most commonly these will dissolve on their own. Occasionally, sutures must be removed at your postoperative appointment.
  - Bone graft:*** Your doctor may have placed particulate bone graft material in the surgical site. If bone grafting material was used, you may feel grainy particles in your mouth. This is normal as some will come out of the surgical site.
  - Antibiotics or other prescription medication:*** Your doctor may have prescribed antibiotics or other medications. Please take them as directed by your doctor.
  - Sinus precautions:*** If your doctor performed a sinus lift or other sinus surgery at the time of the implant placement, do not blow your nose, spit, or smoke for at least one week after the procedure. Your doctor will let you know when it is okay to do so at your follow-up appointment.