

POST OPERATIVE MINI IMPLANT CARE

Mini-implants have just been placed in your mouth. The implants are located under the denture and usually cannot be seen unless the denture is removed. The implants will heal for a period of four to six months depending on your body's healing properties and the type of bone that you have until they are fully integrated. Every consideration must be given to keep the surgical site clean and free from food particles. The following are instructions for your care after surgery.

ACTIVITY: After leaving the dental office, relax for the remainder of the day. Avoid strenuous activity (heavy aerobic exercise) for 3 days. Avoid smoking for at least 24 to 48 hours after surgery.

BLEEDING: Generally there is not a lot of bleeding with placing mini implants. If we have had to perform additional surgery there may be some bleeding. Bite firmly on the gauze we have provided and the bleeding should be minimized. Should bleeding become excessive or more than expected please call the office immediately or Dr Kesteven cell.

SWELLING: We may have provided a medication to prevent swelling. Please take as directed. The day of surgery, place Ice pack (or bag of frozen peas/corn) on your face for intervals of 20 minutes on and off for 20 minutes until you go to bed. This will help reduce the swelling. Discontinue the use of an icepack after 48 hours. Cold liquids are very important for reducing swelling, discomfort and bleeding. Sip ice water, ice tea, frozen yogurt, milk shakes, applesauce, Carnation instant Breakfast, Ensure or similar cold liquids for the remainder of the day. **DO NOT USE A STRAW.** Many of our patients are "numb" for an average of 3-8 hours after surgery. **DO NOT DRINK ANYTHING HOT OR EAT SOLID FOOD WHILE YOU ARE NUMB...** you may burn yourself and/or cause bleeding and swelling.

EATING: It is necessary to maintain a relatively normal diet throughout the course of healing. The day of surgery, stick with cold liquid. Sip ice water, ice tea, frozen yogurt, milk shakes, applesauce, Carnation Instant Breakfast, Ensure or similar cold liquids for the remainder of the day. **DO NOT USE A STRAW.** The day after surgery, start a soft food diet and continue for the next 2 weeks, chewing should be done predominately on the side opposite of the surgery. **AVOID** any type of food that is "hard and crunchy"-chips, pretzels, nuts, seeds, popcorn, raw, vegetables, tacos, apples, etc. If surgery was done In the front area of your mouth **DO NOT** bite off any type of food such as, corn on the cob, etc.

PEPARATION OF NUTRITIOUS FOODS: - Cooked pasta meals- (spaghetti, macaroni and cheese, etc.), soft meats- (turkey, fish, chicken, hamburger, meatloaf, pasta casseroles, tuna, etc.), mashed potatoes/gravy, breakfast foods- (eggs, cooked cereals-oatmeal, pancakes, etc.), cottage cheese, yoghurt, protein shakes and meal replacements.

SUTURES: You may have sutures (stitches) placed to hold the gum tissues in the proper position for ideal healing. The sutures will dissolve and will be coming out in the next 7-30 days (depending on the type of sutures used). **AVOID** disturbing the sutures with your tongue, toothbrush, or in any other manner since displacement will impair healing. If you notice sutures have fallen out the day of surgery, contact our office immediately.

ORAL HYGIENE: **AVOID** brushing, flossing, Waterpik, and proxy brush the area of surgery until you are instructed to do so. It is important to maintain a normal level of oral hygiene in the non-operated areas by brushing and flossing.

PERIDEX: (chlorhexidine gluconate) mouth rinse is recommended for most surgeries. This is an antibacterial mouth rinse and will keep the surgical area clean while it is healing. Start the day after surgery, Rinse twice a day for 30 seconds after you brush/floss your non-surgical areas. This has a tendency to stain teeth but it can be polished off by the hygienist on your next cleaning visit. If you have had a Gum Tissue Graft you will not be using this product or any commercial mouthwash until advised. The alcohol will dehydrate the tissue. You may gently rinse with water only. **NOTE: DO NOT RUN YOUR TONGUE OVER SURGERY AREA OR PULL ON LIP TO SEE SURGERY SITE, THIS MAY MOVE THE GRAFT.**

MEDICATIONS: Please follow the instructions on the bottle for any medications prescribed. If any adverse reactions to those medications should arise, such as nausea, itching, swelling, or any allergic symptoms, please contact the office immediately and discontinue all medications immediately.

We suggest that you do not smoke for at least 5 days after surgery.

Do not be alarmed if a "black and blue" bruise should appear at the site of an injection.

The use of alcohol is strongly discouraged when taking prescription drugs such as pain medication, muscle relaxants, and antibiotics. Its use can cause potentially lethal interactions.

In Case of Problems

You should experience few problems if you follow the instructions and suggestions as outlined. But if you should have any problems such as excessive bleeding, pain, or difficulty in opening your mouth, call our office immediately for further instructions or additional treatment.

Office: 604-826-8087

Mission Hospital: 604-826-6261

Abbotsford Hospital: : 604-851-4700