

MARK L. MONSON, D.D.S.

Diplomate, American Board of Oral & Maxillofacial Surgery

1289 Carlsbad Village Drive
Carlsbad, CA 92008
760-730-9333

INSTRUCTIONS FOLLOWING PLACEMENT OF DENTAL IMPLANTS

If you have any **removable dental prosthesis (full or partial denture)**, **DO NOT WEAR IT** until told to do so by Dr. Monson. Improper pressures placed upon dental implants during the healing period can lead to failure of the implants.

DISCOMFORT may last for 10 to 14 days following surgery. The pain will usually start to subside after the third day. It is common for pain to radiate from the jaws to the ear, throat or side of the head. Often several teeth adjacent to the area of surgery will temporarily be uncomfortable following surgery. You may also experience soreness and cracking at the corners of your mouth. Post-operative pain can range from being **mild and easily controlled with aspirin, acetaminophen (Tylenol) or ibuprofen**; to being **severe which requires prescription medication** for relief. If Dr. Monson has written you a prescription for pain pills we recommend that you have it filled and **take one tablet as the local anesthesia wears off and you begin to experience pain**. A few hours after you have taken the first tablet you will be able to ascertain whether your pain will require the prescription medication or can be adequately controlled with non-prescription analgesics. You should not drive or participate in any activity that requires your total mental capacity while you are taking prescription pain medication.

BLEEDING following oral surgery is to be expected. Mild oozing may take place for 1-2 days after surgery. A small amount of blood may mix with saliva and give the appearance of a large volume of blood. All patients should **bite firmly on the gauze pack placed after surgery for the remainder of the day. You should lie down with your head elevated by 1 or 2 pillows for the first few hours following surgery. DO NOT SPIT, SMOKE, OR SUCK THROUGH A STRAW** as this will dislodge the blood clot and increase bleeding. If significant bleeding persists after 1 hour, **replace the gauze with a clean piece placed over the surgical site and continue to apply pressure by biting firmly on the gauze**. Remember that it is the pressure that the gauze exerts on the wound that stops the bleeding, not the action of soaking up the blood.

NUMBNESS of the mouth and surrounding areas will be present following surgery due to the use of local anesthesia. The numbness may last up to 12 hours and is not a cause for concern. Frequently implants need to be placed in the vicinity of nerves that give sensation to the mouth and face. When this is the case, the mere act of isolating and protecting the nerve may cause numbness for a few weeks to a few months. If you have residual numbness at the time of your post-operative appointment, you should inform Dr. Monson.

SWELLING is common following the placement of dental implants. It is not necessarily a sign of infection. Maximum swelling is usually evident on the second or third day after surgery and then decreases over a period of a week. Swelling can be minimized by **placing an ice pack on the face adjacent to the surgical site 30 minutes on, and 30 minutes off for 1-2 days**. If swelling or pain **start** on or after the fourth day after surgery this may be a sign of infection and you should call the office to schedule an examination.

BRUISING may occur in conjunction with any surgical procedure. The face and neck may turn black and blue. This will gradually disappear and is no cause for alarm.

DIET should be modified after surgery to insure adequate nourishment, to prevent excessive pressure being placed upon the implants and to avoid food collecting in wounds. This can be accomplished by **eating soft foods supplemented by plenty of liquids. Do not chew food in the area of surgery**.

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NAUSEA may occur after oral surgery. It is usually caused by the prescription pain medication or by swallowing blood. If you become nauseated after surgery **stop taking the prescription pain medication** and attempt to control your discomfort with acetaminophen. **Small sips of a carbonated beverage** may help to alleviate nausea.

ANTIBIOTICS are usually required for the placement of dental implants. **Take the medication as directed to completion** even if you do not feel you have an infection. Women taking oral contraceptives (birth control pills) should **find an alternative method of birth control** during the administration of the antibiotic and for a month after the antibiotics are discontinued as antibiotics may decrease the effectiveness of oral contraceptives.

ORAL HYGIENE is important following oral surgery to allow normal healing and decrease the chance of infection. **Oral rinses with warm salt water** (1/2 teaspoon of salt in 8 oz. warm water) should be started on the day following surgery and performed every 2-3 hours while awake. You should **brush and floss your teeth normally**, avoiding the surgical site. If Dr. Monson prescribes Peridex (chlorhexadine oral rinse) for you, then you should use this medication as directed, making sure to use it after rinsing with the salt water solution. Do not eat or drink anything for 30 minutes after rinsing with the Peridex.

SUTURES were placed during surgery. **Do not disturb the sutures with your tongue.** Dr. Monson usually places sutures which dissolve on their own. Do not become alarmed if sutures start to come out after a few days.

IV SEDATION / GENERAL ANESTHESIA requires that you **do not drive a car** or participate in any activity that requires your complete mental capacity for 24 hours following surgery. **Do not consume any alcohol** for the first day following surgery or at any time while you are taking prescription pain medication.

QUESTIONS OR PROBLEMS can be addressed by calling the office at **(760) 945-4444**.

RETURN APPOINTMENT: Day: _____ Date: _____ Time: _____

Special Instructions: