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POST-OPERATIVE INSTRUCTIONS FOR BONE REGENERATION AND IMPLANTS

SWELLING/DISCOMFORT

Swelling/discomfort can be minimized by the use of ice/cold packs in 15 minute intervals for 24-48 hours after surgery. Swelling will be present the day after surgery and will usually peak 2-3 days after the surgery. Bruising may occur during healing. Some discomfort is expected and is usually controlled with the medications prescribed. The discomfort usually will disappear shortly after the stitches have been removed. You may experience a feeling of slight weakness during the first 48 hours. After 48 hours switch to warm moist compresses.

BLEEDING

There may be minimal bleeding after the surgery. There may be a red discoloration of the saliva for several hours. Do not apply pressure in the surgical area. If there is no change in the amount of bleeding contact the office.

ACTIVITY

After the implant procedure, relax for the remainder of the day. Keep your head elevated and sleep with extra pillows the first night after surgery. Avoid excessive talking and use caution when sneezing/coughing/yawning; these motions may displace the stitches or cause toothache like pain. Avoid strenuous activity for several days. Avoid sunbathing, as it may increase swelling and fatigue. Avoid smoking, as it will delay healing and possibly cause failure. Also avoid alcoholic beverages while taking the prescription medications. ***SINUS GRAFTING: DO NOT BLOW YOUR NOSE** for two weeks. If the need to sneeze arises, blow out thru your mouth to avoid back pressure toward the sinus. Caution will help prevent graft failure. Use of over the counter decongestants may be needed.

DIET

Cold or warm softer foods can be eaten. Avoid **excessive heat** and spicy, crusty, acidic or seedy types of food. Chewing should be **ONLY** on the side opposite the surgical area. It may be necessary to eat only warm or soft foods for several weeks. Avoid drinking through a straw, it may stimulate bleeding.

ORAL HYGIENE

It is important to maintain a normal level of oral hygiene in general by brushing and flossing. Gently brush or floss the surgical area **only as instructed**. Prescribed chlorhexidine rinses may be applied with a cotton ball/swab or by holding the rinse in place for 30-60 seconds. Warm salt water rinses (1 tsp. salt to 8 oz. warm water) can also be used in the same manner. **DO NOT SWISH WITH ANY RINSES.** This may displace stitches and cause tooth ache like pain.

MEDICATIONS

Please follow the instructions for any medication prescribed. If adverse reactions to those medications occur, such as nausea, vomiting, or allergic reactions, please discontinue the medication and contact the office. To avoid medication side effects, such as upset stomach, take medication with food.