

DI FRANCO PERIODONTICS

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POST-OPERATIVE IMPLANT CARE: SUBMURGIBLE IMPLANT

A submergible implant has just been placed in your mouth. The implant is located under the tissue and usually cannot be seen. This type of implant has been selected for your particular situation because of the bone available to place an implant. The implant usually will remain submerged for a period of four to six months depending upon your body's healing properties and the type of implant.

Usually you are able to continue wearing your present partial or flipper. Your referring dentist can make a temporary tooth replacement for you if it is necessary.

Every consideration must be given to keep the surgical site clean and free of food particles. The following are instructions for your mouth care after surgery.

1. **NO SMOKING!** Smoking is to be avoided for the time specified since it increases the heat in the surgical area and significantly lowers the body's ability to heal the site.
2. Avoid alcohol, commercial mouth rinses, and very hot fluids for 30 hours after surgery.
3. Gentle rinsing of the mouth should be started the day of surgery. Frequent *gentle* rinsing with lukewarm salt water will aid the healing process and maintain cleanliness. Add one-half teaspoon of salt to a six-ounce glass of water. **Avoid use of a water pik.**
4. **ULTRA-SOFT BRUSH:** Twenty-four (24) hours after surgery, please begin using the red brush we supplied you with, to cleanse and stimulate the tissue. It will not harm the sutures. No toothpaste is necessary.
5. **ANTIBIOTICS:** If an appropriate antibiotic has been prescribed for you today, it is very important that the prescription is filled and taken as directed. Please take the tablets/capsules until all are used. Should you develop hives, itching, skin rash, or difficulty breathing, stop the medication and call the doctor immediately.
6. **PAIN:** A certain amount of pain must be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the instructions. It is advised that you not drive while taking the pain prescription. However, if only Motrin is needed, most people are able to drive without any problem.
7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances, swelling can be prevented or controlled. Apply the ice pack that has been given to you for a period of 20 minutes off and 20 minutes on during the day for the next two days. The application of ice to the outside of the face over the surgical area will minimize swelling. If after three days you still have inordinate swelling or pain, please call the office.
8. **BLEEDING:** A small amount of bleeding following surgery should not alarm you. If the bleeding is excessive or continuous, please call us at once. Vigorous rinsing of the

mouth prolongs bleeding by removing the clotting blood, so when rinsing your mouth, do it gently.

9. **NO STRAWS:** The use of straws creates a negative pressure in your mouth and will tend to loosen the sutures.
10. **DIET:** Following surgery it is best to restrict your diet to fluids and soft foods for the first day. A normal diet may then be resumed the following day, but you will want to avoid chewing on the implant site until the tissue is completely healed. Soft food such as jello, pudding, mashed potatoes, scrambled eggs, and soups are suggested. If you have difficulty chewing, try blenderized foods or diet supplements such as Carnation Instant Breakfast and Ensure.
11. **IMPLANT FOLLOW-UP:**
 - We will see you for periodic checkups until the submerged portion becomes stable. This is usually a period of four to six months, depending on the type of implant.
 - If not placed at your first surgical appointment, after the healing period has been completed, the doctor will place a healing abutment on the submerged implant. A treatment crown or bridge will be placed at that time. You will be instructed on how to properly care for the treatment crown or bridge.
 - The doctor will verify bone strength around the implant and refer you back to your family dentist to fabricate a tooth on top of the implant fixture.

ADDITIONAL INSTRUCTIONS:

DR. CHUCK:

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