

## POST-OPERATIVE MINI IMPLANT CARE

Mini-implants have just been placed in your mouth. This type of implant has been selected for your particular situation because of the bone available to place an implant. The implants will heal for a period of two to four months depending upon your body's healing properties and the type of bone you have until they are fully integrated. Every consideration must be given to keep the surgical site clean and free of food particles. The following are instructions for your care after surgery.

1. **NO SMOKING:** Smoking is to be avoided for 6 weeks since it increases the heat in the surgical area and significantly lowers the body's ability to heal the site.
2. **PROTECTION OF BLOOD CLOT AND BLEEDING:** It is normal to have oozing of blood from the surgical site for up to two days after the procedure. Remember, a little bit of blood mixed with your saliva will look like a great deal of blood. You are not having a bleeding problem unless large clots are being produced.
3. **GENTLE RINSING** of the mouth should be started 24 hours after the surgery. Frequent gentle rinsing with salt water (1/2 tsp. of salt in 8 oz. warm water) should be done at least 3 times a day. You may be prescribed a mouthrinse if necessary. The use of commercial mouthwashes during the healing period is not recommended, as the high alcohol content tends to chemically burn the site.
4. **ULTRA SOFT BRUSH:** Please begin using a soft brush 24 hours after your implant placement to cleanse and stimulate the tissue. Pour a small amount of salt water in a cup, dip toothbrush in and use it in place of toothpaste on and around the surgical site. You can rinse with the remaining salt water in the cup. Brushing will not harm the sutures (if placed). Clean area at least 3 times a day.
5. **ANTIBIOTICS:** (if prescribed)

\_\_\_\_\_ An antibiotic has been prescribed for you. It is very important that the prescription is filled and taken as directed. Starting at \_\_\_\_\_, take 1 tablet/capsule of \_\_\_\_\_ every 8 hours until prescription is gone. Should you develop hives, itching, skin rash or difficulty breathing, stop the medication and call the doctor immediately.

6. **DISCOMFORT:** It is very normal to have discomfort after dental procedures. If medications have been given or prescribed, take as instructed. Should you have any discomfort, take the prescribed medication:

\_\_\_\_\_ every \_\_\_\_\_ hours for minor discomfort relief and to help with swelling and/or:

\_\_\_\_\_ every \_\_\_\_\_ hours for relief of severe pain

If it does not relieve the pain, please call the office for advice. With any narcotic, avoid all alcoholic beverages and it is advised to not drive while taking a pain prescription.

7. **SWELLING:** Some swelling is to be expected and is not unusual. In most instances swelling can be prevented or controlled. Peak of swelling is usually between 36 and 48 hours post operatively. Apply an ice pack for a period of 20 minutes on and 20 minutes off during the day for the next 2 days with presence of swelling. Discontinue use of the icepack after 48 hours. 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. 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. Soft food such as Jell-O, pudding, mashed potatoes, scrambled eggs and room temperature soups are suggested. If you have difficulty chewing, try blending foods or use diet supplements such as Carnation Instant Breakfast and Ensure. Limit foods for the first 2 days to cold/room temperature items.

9. DENTURES: You should not remove your denture at night for the first two weeks following implant placement. This will prevent any swelling initiated by the surgical placement from forcing the soft tissue up, possibly interfering with the reseating of the denture on the implants. After two weeks sleep with without your denture indefinitely.

10. IMPLANT FOLLOW UP: We will see you for periodic checkups until the implant becomes stable and fused to the bone. You will also need the rubber rings replaced (with a denture implant) about every 6 months, these rings can be purchased at our office for a minimal charge.

Do not hesitate to call our office if any questions arise. Our number is 801-268-2323. After hours call 801-513-8911.

Thank You,

Pinecrest Dental  
Tyler Williams DDS