



Lincroft Village Dental Care

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Homecare Instructions Following Surgery

Leaving the Office

If you leave the office with **temporary dentures**, **leave them in for at least the first 24 hours**. After 24 hours, you will take the dentures out, rinse your mouth gently. Please refer to the denture care instructions for directions on properly caring for your temporary dentures.

Eat **soft foods**, such as soup, pudding, yogurt, or applesauce the days after surgery. For the first stages of healing, the temporary dentures act as a bandage and should not be used for function. After the sutures are removed, and swelling has subsided, you may gradually add solid foods to your diet.

Applying Ice

Swelling around the mouth, eyes and cheeks is normal following any surgery, and usually takes 2-3 days to fully develop. **Applying ice** to your face and keeping your head elevated for the **first 24 hours** will help reduce swelling. The use of ice water intraorally by taking small sips, holding it until it warms, and swallowing can also be done. Ice serves no useful purpose after 24 hours and may contribute to stiffness in the jaw. Beginning **72 hours after surgery** (the 3rd day) moist heat, warm towels or warm packs, may be used for relief of swelling, bruising and stiffness of the jaw. Heat should be continued for 30 minute intervals, 3 or 4 times daily, until the swelling and stiffness subside.

Keep your head elevated for 24 hours. When lying down, prop your head with pillows. Lying flat may prolong bleeding. Please **avoid any vigorous exercise for at least 48 hours** -- no heavy lifting or extensive bending. It is normal to experience mild bleeding for a few days after surgery.

If heavy bleeding persists, the use of a cold tea bag is an effective method to decrease/stop the bleeding. Dip the tea bag in ice water, squeeze out, and bite firmly for 30 minutes.

What to Avoid

Smoking is detrimental to the implant process; permanent cessation prior to the implant process is strongly recommended.

NO SMOKING for at least 2 weeks prior to surgery and 2 weeks after suture removal is a must.

Smoking decreases circulation, delaying the healing, and may cause complications after surgery such as opening of the surgical site, infection and the loss of bone grafts and the implants.

Avoid the following, all of which could disrupt the surgical site and delay the healing time:

- The use of straws for at least 48 hours following surgery.
- Rinsing or spitting forcefully for 24 hours after surgery to avoid dislodging the clot that forms in the socket.
- No alcohol for 48 hours after surgery.

Oral Hygiene

Continuing oral hygiene is important, therefore, continue to brush and floss your teeth, and brush your tongue with tongue cleaner provided. Doing so will help prevent infection.

After the first 24 hours, remove your dentures and rinse them. Clean the surgical site using Peridex and Post Operation toothbrush. After EVERY meal and snack, be sure to remove any bits of food. Failure to remove food particles from the surgical site can result in delayed healing and severe discomfort. Do not pull or put tension on the surgical site. Gently roll your lip out of the way while cleaning. The healing abutments may be cleaned with toothbrush provided dipped in Peridex.

You may notice that the sutures are loose after the swelling of your gum tissue decreases. This is completely normal. As swelling subsides, your temporary dentures may also loosen.