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**IMPLANT & GRAFTING - INSTRUCTIONS**

**Before Surgery**

1. **Aspirin:** As Directed by Doctor.

2. **Antibiotic:** As prescribed by Doctor.

3. **Pain Reliever:** As prescribed by Doctor.

4.  **Decongestant**: As prescribed by Doctor.

5. **Steroid:** As prescribed by Doctor.

6. Eat a sensible meal prior to the appointment.

7. **No Coffee** – the day of the surgery.

8. If you changed any prescription drug usage since you last completed a medical

questionnaire in our office please inform us.

9. If you have any concern about drug interactions please bring them to our

attention.

10. **Valium:** if needed take 30 minutes before the procedure ( you can take it in the

office when you arrive.

**After Surgery**

1. **Antibiotic:** As prescribed by Doctor.
2. **Decongestant:** As prescribed by Doctor.
3. **Steroid:** As prescribed by Doctor.
4. **Pain Reliever**: As prescribed by Doctor.

**It is important to stay on schedule** **with all pain medication as prescribed**

**by Dr. Kaplan. Maintaining this baseline blood level with consistency for**

**the first 72  hours is paramount to maintaining the patent's comfort**

**level after the  procedure. We would recommend awakening in the**

**night to keep up with these dosages. Do not wait for the pain to**

**become unbearable before using your prescribed medication, as then it**

**will be more difficult to control. If pain persists or increases after 3-4**

**days, please call the office!**

5. **Arnicare:** “Arnica Gel” Homeopathic medicine for swelling and bruising. Apply a

thin layer of gel to affected area and massage gently as soon as possible after the

procedure. Repeat 3 times a day.

1. **Bleeding:** To slow and prevent bleeding, bite with light pressure on the gauze pack that has been placed over the surgical area. Pressure should be applied in 15 minute intervals and repeated with a new piece of gauze until the bleeding is controlled. Pressure will assist in the body’s natural blood clotting process. Some Bleeding or redness in the saliva is normal during the first day or two after surgery. In general this does not require management with gauze pressure. Persistent bleeding may require biting on a moist tea bag placed over the extraction socket. Tea has tannic acid which is an astringent. Direct pressure and the tannic acid will constrict blood vessels and help to stop the bleeding. If active bleeding persists please call our office for further instructions.
2. **Ice packs:** Swelling and bruisingusually develops during the first 1 – 3 days following surgery, often increasing on the second day. Use an ice pack on the cheek or face next to the surgical site during the first 6 hours. Keep it on for 20 minutes, then off for 20 minutes, and repeat until you go to sleep. This will help minimize swelling and bruising.
3. **Bruising and Swelling:**  Bruising is usually characterized by the development of black, blue, or yellow discoloration of the skin. Bruising and swelling are normal post-operative occurrences. They can be apparent as soon as 24 hours after the procedure and can even increase up to 3 days after.
4. **Oral Hygiene:** It is important to keep your mouth clean after surgery to reduce the risk of infection and promote rapid healing.

*On the day of your procedure*, let the blood clot stabilize and *don’t* even        rinse your mouth. Rinsing if done too soon interferes with blood clotting and

proper wound closure and healing.

Beginwarm salt water rinses on the *day after* your procedure. Use one-half

teaspoon of salt dissolved in an 8 oz. glass of water. *Gently* rinse, since you do

not want to disturb the bone graft granules.

Begin careful tooth brushing with a soft bristle brush on the first post- operative

day. Please brush and floss very gently, but stay away from the surgical site. Do

not brush teeth immediately adjacent to the surgical site for several days. Allowing

the tissues to rest undisturbed assists the healing     process. Remember, the

surgical site should be left completely undisturbed during the first 2

weeks following surgery.

        If you routinely use a Water Pik and/or electric toothbrush, avoid doing so

during the healing. After 2 weeks you may gently brush the surgical site.

       Dr. Kaplan may prescribe an antibiotic rinse (Chlorhexadine, Periogard,         Peridex) for certain procedures. Begin using Peridex (Chlorhexidine)rinse         two days after the surgery.

1. **EATING:**  A nutritious diet during the healing period is most important to your comfort and healing. Hungry people become irritable and less able to deal with discomfort which can follow surgery. Since you will be taking medication, it is important that you are aware that eating can prevent nausea sometimes associated with certain medications. You will heal faster if you stay well-nourished and hydrated. High protein intake is very important. You may start eating as soon as the numbness wears off and bleeding stops. Avoid vigorous chewing and *do not* chew directly on the surgical site since this can interfere with healing and compromise the outcome. Liquids and soft food should be consumed on the day of surgery.

          Avoid drinking carbonated beverages completely for 5 days. Really hot           foods and drinks should be avoided for the first 7 days. Heat dilates blood           vessels resulting in more bruising and bleeding. Avoid acidic foods such           as tomatoes, orange juice and citrus foods, as they may cause discomfort.

          Milk along with cooked cereals, scrambled eggs, cottage cheese and soft           pasta are recommended for the initial day following surgery.

          Soups, broiled fish, stewed chicken, mashed potatoes and cooked           vegetables can be added to your diet as your comfort indicates.

          Nutriment, Ensure, Sego, Carnation Instant Breakfast drink, Ensure Slim           Fast and/or yogurt supply excellent added nutrition. Ensure make a product           called Glucerna for diabetics. These are especially indicated if other soft           foods are not taken in.

Avoid foods and/or fruits which contain seeds, nuts, or kernels such as              popcorn, peanuts, strawberry and kiwi, or are hard or crunchy. These can         enter their way into the incision and cause irritation.

         Return to a normal diet as swelling diminishes and you become more          comfortable. After 3 weeks, there should be no eating restrictions.

1. **Avoid using a straw for several days** as it may cause the blood clot to dislodge and delay healing.
2. **Smoking:**  Smoking is HARMFUL to the healing process. Please DO NOT  SMOKE for at least two weeks following surgery. If possible please  discontinue smoking during the entire six month healing period. Smoking  increases the risk of bone graft failure.
3. **Rest** the day of surgery. Avoid exercise or any strenuous activity, for the  first  72 hours. This will increase your heart rate and thereby blood  pressure and  have adverse action on the body’s natural healing process.  Overexertion

may lead to postoperative bleeding and discomfort. Avoid  any activity or sport

that  may expose you to a blow to the mouth or jaw  until your implant has healed

completely.

1. **DO NOT** rinse or spit aggressively for 7 days. This can disrupt the healing  process.
2. **DO NOT** apply pressure with your tongue or fingers. The material is  movable  during the initial healing.
3. **DO NOT** lift or pull on lip to look at sutures (stiches). This can cause  undue  pressure and tear the sutures.
4. **DO NOT** sleep on the same side of the surgical procedure.
5. **DO NOT** drink alcoholic beverages during the first week after surgery.