



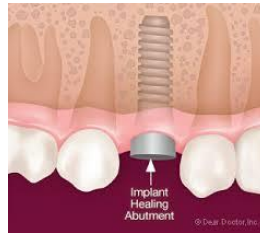
ALASKA CENTER FOR

Oral + Facial Surgery

IMPLANT PLACEMENT POST-OPERATIVE INSTRUCTIONS:

If you had an implant placed today, there are some special post op instructions to follow:

- If you had sutures placed, they will dissolve on their own unless directed otherwise.
- If bone grafting was placed, you **may experience** small particles of bone working their way out of the tissue. You most likely **will not** notice it, but if you do, it feels almost 'sand-like" in your mouth. This is completely normal.
- Please **stay away** from seeds, nuts, chips, and popcorn kernels etc. as these food items can get lodged in between the implant and gum tissue; causing a small infection to occur, which can lead to bone loss. Please call us if you get something stuck around the implant that you cannot get out!
- A healing abutment was screwed into the top of the implant to help keep the gum tissue from growing over the top and from bacteria from getting inside the implant. If your healing abutment feels **loose or comes off completely**; **call us** right away to get it tightened or replaced. If the abutment stays off for a long period of time, it may cause the tissue to grow across and cover the top of the implant. If your healing abutment comes off, it **does not** mean the actual implant came out.



- Use your toothbrush to brush gently around the healing abutment to help keep it clean; you may start this the same day following your surgery. If you had bone grafting placed, **do not** vigorously rinse or disturb the area other than light and very gentle brushing.
- It is **okay** to use your Waterpik to help keep the area clean, but **be aware** that the water pressure may cause the healing abutment to come loose over time. If bone grafting was placed, please wait **at least 3-4 weeks** after surgery to start using it.
- If you have a temporary crown placed over the implant, please **do not** bite or tear food off in that area. It is fragile and may cause the implant to mobilize. The crown is for **esthetics only**.
- If you have an ESSEX or flipper appliance, please take the appliance out periodically to clean the implant area. This appliance is also for **esthetics only** and is not meant for chewing. If you have a denture placed, you may use it in your normal manor; making sure to keep the implants clean underneath it.
- The **final appointment** for your implant will be the torque test. This occurs 3-4 months after your implant has been placed. This is where your Doctor tests out the implant to make sure it is ready for the final restoration. The final restoration will be performed at your **general dentist's** office.
- If you were informed by your doctor that the implant was completely buried, you **do not** need to worry about a healing abutment at this time. When you return for your torque test, we will have to uncover the implant and place a healing abutment at that time.

We are available and happy to answer any questions that you may have during regular business hours, but if you have an emergent question after business hours, we do have an after-hours call service that will direct you with the on-call doctor. This is simply our office phone number (907) 222-5052. If you feel that you are having a life-threatening emergency, please call 911 immediately for assistance.

Phone 907.222.5052 | Fax 907.222.5051

www.AlaskaOralFacialSurgery.com | info@AlaskaOralFacialSurgery.com 3909 Arctic Blvd. | Ste.404 | Anchorage | AK 99503