If you are having minor complications after surgery or have questions, please call the office during business hours:

**Office: (912) 355-2688**

**Office Manager Email: beth@savperio.com**

If you are having serious complications after surgery or problems with medications prescribed after your surgery, you are welcome to call or text Dr. Gustin on his cell phone. Please leave a detailed message if there is no answer.

**Cell Phone: (912) 604-0441**

**Email: wgustin@savperio.com**

**Serious complications include:**

* Bleeding that will not stop after 15 minutes of firm pressure
* Severe pain that prevents you from sleeping or working
* Nausea/vomiting caused by the pain medications, antibiotics or other medications that were prescribed
* Allergic reactions to medications or products used in your surgery
* Painful swelling that is unusual in size
* Persistent fever, especially while on antibiotics

**Please only call or text Dr. Gustin’s cell phone for emergencies. To reschedule appointments, please make sure to call the office phone number.**

***If you are having life-threatening symptoms such as anaphylaxis, trouble breathing, severe swelling of the throat preventing breathing, etc. call 9-1-1 immediately.***

Implant

Post-Operative

Instructions

***In order for your dental implant to heal properly, it is important to carefully follow these instructions. Once you’ve read through, please call or email the office if you still have questions. Contact information is listed on the reverse side.***

***During your surgery, a titanium dental implant was placed to replace the root of the tooth. A temporary crown or healing cap may have been placed on top of the implant. Not following these instructions could affect the long-term success of the implant. To prevent complications, please read and follow the instructions below.***

Do:

* **Take all of your medications as prescribed**: Antibiotics and pain meds are prescribed to help prevent infection and keep you comfortable after surgery. If you have side effects such as nausea, vomiting, or hives, discontinue and call Dr. Gustin immediately. Do not drive or work while you are taking narcotic pain medication.
* **Ice your face**: 15 minutes on, 15 minutes off. This is very helpful in preventing painful swelling and bruising. You may use an ice pack, zip-lock bags with ice, or a frozen bag of peas. Make sure to have a protective layer between your skin and the ice, such as a washcloth or paper towel. Continue icing until the swelling resolves, which could be 4-5 days.
* **Gently rinse with salt-water**: 1 teaspoon of salt in room-temperature water can be soothing to a sore surgery site.
* **Maintain a soft diet and chew away from the surgery site**: Eat only foods that are soft enough to cut with a fork and chew on the side opposite your surgery. If temporary crowns were placed on the implants, do not use them to bite into anything for the first 2 months. Avoid hard, crunchy foods that could injure the surgery site. If you were given a removable temporary appliance to replace a missing tooth, wear it during the day, but remove at night before going to bed. If you have trouble removing the prosthesis or if it’s uncomfortable, call Dr. Gustin or your general dentist’s office to schedule an adjustment.
* Resume gentle brushing of the implant areas as soon as tenderness allows. Brushing will keep the area clean and help remove the stitches (if any) as they dissolve.
* **Place gentle pressure on the gum tissue if the implant site starts to bleed**: Most bleeding complications are caused by not icing or chewing over the implant. If this occurs, place folded gauze over the site and apply very gentle pressure for approximately 10-15 minutes. A cold, damp tea bag often helps stop bleeding. If bleeding persists beyond 15 minutes, call Dr. Gustin immediately.
* **Restrict physical activity**: Avoid strenuous activity for at least 24 hours after the surgery to reduce bleeding complications.
* **Rest!** You will heal faster and feel better if you allow yourself time to rest. When resting and sleeping, prop your head up slightly with pillows to decrease bleeding, bruising and swelling.

Don’t:

* **DON’T chew over the implant:** The implant must not have any biting force on it to heal properly.

If your implant has a temporary crown avoid using it for chewing for at least 2 months.

* **DON’T cut or trim stitches unless they are dangling:** As the stitches begin to dissolve, they will loosen. If stitches begin to unravel within the first several days, please notify the office or Dr. Gustin. In cases where a tooth is extracted and an implant is placed the same day, you will likely not have any stitches.
* **DON’T brush over the surgery area:**  You can brush all unaffected teeth immediately following surgery. Resume normal brushing in the implant area as soon as tenderness allows (usually 2-3 days). Avoid mouth rinses that have alcohol as they may irritate the surgical site.