



Post-op Care Instructions: Dental Implants

Immediate Care:

1. Place cold towels or an ice pack to your face for the first 6 - 8 hours. Leave it on for 20 minutes per an hour.

2. Do not swish or rinse until the following day. Avoid spitting or sucking. NO Straws! Drink from a cup to avoid dislodging any clots. NO hot liquids.

3. A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Do not skip eating. It will become easier to eat as healing time increases.

4. Do not bite or chew on numb mouth tissue.

5. Keep fingers/tongue away from the surgical site.

6. On the morning following surgery, you may rinse with warm salt water (1/2 tsp salt to a glass of warm water)

7. Take pain and prescription medications as directed.

Follow-Up Schedule:

2 Weeks: Follow-up and suture removal.

3-4 Months: Follow-up to check integration and stability of implant.

FINAL: Shortly following 3-4 month appointment, placement of final restoration will be made (typically 90 minute visit)

Bleeding:

> Some bleeding should be expected following the implant placement. Sleep in a semi-reclined position and avoid physical activity for the first 72 hours. Remember, if bleeding persists, bite down on gauze with moderate pressure for 30 minute intervals to stop bleeding. If bleeding will not stop, call our office.

> If there is still slight bleeding at bedtime, it is a good idea to place a towel over your pillow to avoid blood stains.

Swelling:

> Swelling is normal and is the body's way of healing. Most swelling occurs 24 to 48 hours after surgery. Ice packs should be placed on the outside of the face in the areas of surgery. Use the ice packs for 20 minutes per hour as needed. Ice packs are recommended up to up to 36 hours, after which moist heat will aid in healing. If swelling or fever persists, call our office.

Pain & Prescriptions:

> Pain should be controlled with prescription medications or over the-counter medications. Avoid driving, alcohol, or working with machinery when on prescription narcotic pain medications. If pain does not subside in a few days, call the office.

> If antibiotics are prescribed, they should be taken as directed to prevent infection. If a rash or any allergic reaction occurs, discontinue use and call our office or go to the nearest 24-hour medical facility.

Numbness:

> Numbness of the lip, tongue, or anywhere on the face is usually temporary in nature. Be careful not to bite anywhere that may be numb. Call our office if numbness persists more than 24 hours.

Soreness:

> Corners of the mouth can sometimes crack, requiring ointment. Sore throat and pain of swallowing are not uncommon and dissipate with time. Jaw soreness is also common and will usually go away with time. Facial discoloration is normal and will return to normal with the use of moist heat.

Nausea:

> If nausea or vomiting occurs, do not eat. Treat the nausea with traditional over-the-counter remedies. If these conditions continue, call our office.

Hygiene Care:

> Keep your mouth clean. Brush gently around the teeth near the surgery and rinse softly as not to dislodge any sutures. Vigorous mouth rinsing or touching the surgical site should be avoided.

> Most cases heal without incident. However, every single surgery is different, so if something does not feel right, just call.