

Implant Post-Operative Instructions

General care

Control minor bleeding by applying moderate pressure with gauze pads or a clean, moist tea bag wrapped in a gauze pad.

Call our office right away if you have heavy or increased bleeding, if you have pain or swelling that increases or continues beyond two or three days, or if you have a reaction to the medication. Limit your activities for the first three to five days to help reduce bleeding.

Tobacco use

Do not use tobacco products of any kind for at least 24 hours, and avoid tobacco as much as possible for several months. Tobacco slows healing and increases the risk that your body will reject the implants. It's the leading cause of implant failure.

Chewing and eating

Avoid chewing until the numbness has worn off completely. If we placed a temporary restoration, avoid chewing for 30 minutes to allow the temporary cement to set.

For the first 24 hours, drink lots of liquids and eat soft, nutritious foods, chewing on the opposite side of your mouth.

After the first 24 hours, you may begin to return to your usual diet, but continue to chew on the opposite side. At your next scheduled appointment, we will evaluate your situation to determine how soon you may begin chewing on the implant.

Brushing and flossing

For the first 14 days, gently wipe the implant site with gauze or a cotton swab. After the 14 days, brush the area gently with a soft toothbrush.

Medication and discomfort

If antibiotics or other medicines are prescribed, continue to take them as directed, even if all symptoms and signs of infection are gone.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It's normal to experience some discomfort for several days after surgery.

To reduce discomfort or swelling for the first 24 hours following surgery, use ice packs, 20 minutes on and 20 minutes off, on the outside of your jaw.

After the first 24 hours, you may apply moist heat to reduce discomfort.

To further reduce discomfort after the first 24 hours, you can rinse your mouth very gently three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

In case of emergency after hours, please call 734-752-6661.