

Post-Operative Instructions for Dental Implants

Thank you for choosing our practice for your dental implant procedure! To ensure proper healing and the best results, please follow these post-operative instructions carefully.

1. Pain Management

- Some discomfort is normal after surgery. Take prescribed pain medication or over-the-counter pain relievers as directed. You may alternate ibuprofen (400-600 mg every 6 hours, not exceeding 3200 mg per day) and acetaminophen (500-1000 mg every 6 hours, not exceeding 4000 mg per day), ensuring you stay within the daily dosage limits. Avoid aspirin as it can increase bleeding.

2. Swelling & Bruising

- Swelling may peak within 48 hours and then subside.
- Apply an ice pack to the affected area (20 minutes on, 20 minutes off) for the first 24 hours.

3. Bleeding Control

- Some bleeding is normal. Bite down gently on gauze for 30-45 minutes if bleeding continues.
- Avoid spitting, drinking through straws, or rinsing vigorously for 3 days to prevent dislodging the clot.

4. Oral Hygiene

- Do not brush near the implant site until the following morning
- After 24 hours, rinse gently with warm salt water (1/2 teaspoon salt in 8 oz. of water) several times a day.
- Avoid using mouthwash containing alcohol for the first week.

5. Dietary Recommendations

- Stick to soft foods like yogurt, mashed potatoes, soup, scrambled eggs, and smoothies for the first few days.
- Avoid hot, spicy, or hard foods that can irritate the implant site.

6. Activity Restrictions

- Avoid strenuous exercise or heavy lifting for at least 48 hours to reduce swelling and bleeding.
- Rest with your head elevated when lying down.

7. Signs of Complications

Contact our office immediately if you experience:

- Excessive bleeding that does not stop after applying gauze.
- Severe pain not relieved by medication.
- Swelling that worsens after 3 days.
- Fever or chills.
- Pus or foul odor from the implant site.

8. Follow-Up Appointments

- Attend all scheduled follow-ups to monitor healing and implant integration.

If you have any questions or concerns, please contact our office

We appreciate your cooperation and wish you a smooth and speedy recovery!