



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 48-72 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

- Bite down gently on gauze placed over the extraction site for **30-45 minutes** to help control bleeding. Blood is a dye, most of the blood you are seeing is actually a little bit of blood mixed with a lot of saliva.
- If bleeding continues, replace the gauze and apply firm pressure for another 30 minutes.
- If the bleeding does not slow down with gauze try biting on a tea bag.
- Avoid excessive spitting, drinking through straws, or vigorous rinsing for **3 days** to prevent dislodging the blood clot.
- If you experience bleeding that will not slow down after biting on gauze use a teabag instead. It will aid in constricting the blood vessels at the extraction socket.

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.
- Rinse with chlorhexidine twice daily for the first two weeks.
- 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.
- If you have a healing abutment placed it may rarely become loose and fall out. If this happens just let us know as soon as possible. We will see you in the office and replace it.

8. Follow-Up Appointments

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

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

Questions?

We're here to help. If you have any concerns or unexpected symptoms, please contact our office right away.

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