

Post-Operative Instructions: Dental Implants

Dental implant post-operative care is very important. Careful attention to the following instructions will help prevent complications, minimize discomfort, and promote proper healing.

- Bleeding after surgery is usually minimal. Should heavy bleeding occur, it may be stopped by gently biting on moist gauze for one hour. If bleeding persists, contact our office.
- Ice may be used for the first 48 hours following surgery. The ice may help minimize swelling, although some swelling is normal and will usually peak 48 hours after surgery.
- Discoloration resembling a bruise may occur after surgery. This is due to a slight bleeding within the tissue and is of little significance. This should resolve in approximately one week.
- Smoking should be avoided during the initial healing period. It decreases the health of the oral tissues and can interfere with healing.
- After each meal, you should rinse thoroughly with a salt water solution (½ teaspoon salt in 8 oz of warm water). Other mouthwashes may be prescribed by the surgeon and should be used according to the instructions. Commercial mouthwash and sprays should be avoided.
- A diet of semi-solid foods is advised during the first 10 days or until you return to the office. A soft diet should be followed until you return to the office for your post-operative visit.
- Appliances should not be worn until adjusted or relined by the surgeon. An improperly adjusted appliance may jeopardize a successful healing process. Avoid direct pressure on the surgical site.

Medications

If an antibiotic is prescribed, it should be taken until it is completely gone. Pain medication should be taken as directed only when discomfort exists. If you have upper implants, you may be asked to use a decongestant. This is meant to reduce sinus congestion.

If you experience any adverse reaction such as nausea, rash, or itching, please contact our office.