

## Post-Operative Instructions: Dental Implants

It is imperative that you follow the instructions listed below carefully to maximize your healing and improve the long-term outcome of your dental implant(s).

Do not disturb the wound. Avoid spitting or touching the wound for a few days after surgery. There may be a metal stump slightly protruding through the gum tissue.

Some bleeding or redness is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call the office for further instructions.

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice for 20 minutes on and 20 minutes off for the first 48 hours. If prescribed, use antibiotics until gone. If any complications arise, call the office.

Drink plenty of fluids. Avoid hot liquids and foods. Soft foods and liquids can be consumed on the day of surgery. You may return to a normal diet 2–3 days after surgery unless otherwise directed.

Warm saltwater rinses can be made by mixing a ½ teaspoon of salt in a cup of warm water and should be used at least 4–5 times a day, especially after meals.

Brush your teeth gently the evening of surgery. Then brush your teeth 2 times a day beginning the day after surgery.

Keep physical activities to a minimum for 4–5 days following surgery. Avoid bending over, heavy lifting, or strain. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

You will have a follow-up appointment in approximately 2 weeks. If you cannot make this appointment, please give at least 24 hours' notice and reschedule as soon as possible.