



Post-Operative Instructions: Dental Implants

- Do NOT disturb the wound. Avoid spitting or touching the wound for a few days after surgery. There may be a metal healing abutment that will be seen or felt slightly protruding through the gum tissue.
- Some bleeding or redness is normal for 24 hours. Excessive bleeding (where 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 continuously, as much as possible, for the first 36 hours.
- Drink plenty of fluids. Avoid hot liquids or foods. Soft foods and liquids can be consumed on the day of surgery. You may return to a normal diet 1–2 days after surgery unless otherwise directed. Avoid chewing hard foods directly on the implant healing abutment for as long as possible after surgery.
- Warm saltwater rinses can be made by mixing a ½ teaspoon of salt in 8 ounces of warm water and should be used at least 4–5 times a day, especially after meals.
- Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas.
- Keep physical activities to a minimum for several 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.
- If sutures (stitches) were placed, they are almost always the type that will dissolve and fall out within the first week or so after surgery. You will only have to have sutures removed if you were told that they must be removed and were scheduled for an appointment to remove them.