

POST-OPERATIVE INSTRUCTIONS: DENTAL IMPLANTS

Please read this important information regarding proper post-surgical care for 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 piece 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. You may use ice to help reduce the swelling.

Drink plenty of fluids. Avoid hot liquids and foods. Soft foods and liquids can be consumed on the day of surgery. We ask that you chew on the side opposite the implant(s). You may return to a normal diet 1–2 days after surgery unless otherwise directed.

Warm salt water 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.

Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas. We encourage you to brush the implant as if it were a tooth.

Keep physical activities to a minimum for several days following surgery.