



## HOME CARE INSTRUCTIONS: DENTAL IMPLANTS

Please read this important information regarding proper post-surgical care for dental implants. It is important 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 touching the wound or spitting after surgery. There may be a metal healing abutment 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 excessive bleeding continues, please call the office for further instructions.

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice pack on the cheek in the area of surgery. Apply the ice 20 minutes on and 20 minutes off for the first 36 hours.

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 1–2 days after surgery unless otherwise directed.

Warm saltwater rinses can be made by mixing ½ teaspoon of salt in 8 oz of warm water and should be used 4–5 times a day, especially after meals.

Brushing your teeth around the healing abutment(s) is not a problem. Initially, be gentle when brushing the surgical areas.

Keep physical activity and exercise to a minimum after surgery. Avoid bending over or heavy lifting. Keep in mind that you probably aren't taking in normal nourishment. This may weaken you and further limit your ability to exercise. You may resume normal daily routine and activity within 48 hours if you feel comfortable doing so.

Do NOT smoke for at least 1 week after surgery. Smoking is detrimental to the healing bone and tissue, doing so will affect the results of surgery.

If you have an interim abutment (temporary screw-retained crown) seated at the time of your implant placement, please refrain from chewing hard or crunchy foods. The constant force on the temporary can delay the healing of bone around the implant.