

## Post-Operative Instructions: Dental Implants

It is imperative that you follow the instructions carefully to maximize your healing and improve the long-term outcome of your dental implants.

- 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 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 on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 24 hours.
- Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids can be eaten 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 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 abutment 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 you have any additional questions, please call our office. Our staff wants to help you in any way we can to make your post-operative recovery successful. Thank you.