

## Post-Operative Instructions

### Dental Implant Placement

Your implant procedure was completed today. Following these instructions carefully will help ensure proper healing and the long-term success of your implant. Please do not hesitate to call our office with any questions or concerns.

#### Bleeding

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- Some bleeding or redness in the saliva is normal for 24–48 hours following surgery.
- If heavy bleeding occurs, **fold and place a clean gauze pad** directly over the surgical site and bite firmly for 30 minutes without peeking. Repeat as needed.
- Avoid rinsing, spitting, or using a straw — this can disturb the clot and increase bleeding.
- Keep your head elevated above your heart, even while sleeping. Use an extra pillow.

#### Swelling

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- Swelling after implant surgery is normal and expected. It typically peaks at 48–72 hours and then gradually improves.
- Apply an ice pack (**20 minutes on, 20 minutes off**) to the outside of your face for the first 24 hours.
- After 24 hours, switch to warm moist heat to help reduce residual swelling.
- Slight bruising on the face or neck is also possible and will resolve on its own.

#### Pain Management

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- Take your prescribed medications exactly as directed. **Begin taking them before the anesthetic wears off** for best results.
- For mild to moderate pain, ibuprofen (Advil/Motrin) 600–800 mg every 6–8 hours with food is effective, unless contraindicated.
- Acetaminophen (Tylenol) may be alternated with ibuprofen for better pain control.
- Do not take aspirin — it thins the blood and can increase bleeding.
- If pain is not controlled or is worsening after 3–4 days, please contact our office.

#### Diet & Hydration

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- Maintain a soft diet for at least **1–2 weeks** or as instructed: yogurt, eggs, soft pasta, mashed potatoes, lukewarm soups, smoothies.
- Chew on the opposite side of the implant site whenever possible.
- Avoid hard, crunchy, chewy, or sticky foods near the surgical area.
- Stay well hydrated. Drink at least 6–8 glasses of water per day.
- Do not use a straw for at least 72 hours.

#### Oral Hygiene

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- Do not rinse, spit, or brush the surgical site on the day of surgery.
- Starting the morning after surgery: **gently rinse with warm salt water** (1/2 tsp salt in 8 oz. warm water) 4–5 times daily, especially after meals.
- If a Chlorhexidine (Peridex) rinse was prescribed, use it twice daily as directed.
- Continue to brush and floss all other teeth normally using a soft-bristled toothbrush.

- Do not use a Water Pik or electric toothbrush near the implant site until cleared by your doctor.
- Do not use alcohol-based mouthwash for at least 2 weeks.

### Physical Activity

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- Avoid strenuous activity, heavy lifting, and exercise for at least **48–72 hours** after surgery.
- Rest for the remainder of the day of your surgery.
- Avoid bending over or any activity that causes throbbing at the surgical site.

### Medications & Antibiotics

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- If antibiotics were prescribed, complete the entire course even if you feel better.
- Take all medications with food to minimize stomach upset.
- If you experience an allergic reaction (rash, hives, difficulty breathing), stop the medication and call our office or seek emergency care immediately.

### Things to Avoid

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- Do not smoke or use tobacco products for at least **2 weeks** — smoking significantly impairs healing and increases the risk of implant failure.
- Do not drink alcohol for at least 48 hours, or while taking prescription medications.
- Do not probe, touch, or apply pressure to the surgical site.
- Do not wear a removable denture or partial that rests on the implant site unless instructed. If it causes pain, do not wear it and call our office.

### Sinus Precautions — Upper Jaw / Sinus Lift Cases Only

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- Avoid blowing your nose forcefully for 2 weeks after surgery.
- If you sneeze, do so with your mouth open to avoid sinus pressure.
- A small amount of nasal bleeding is normal for the first 1–2 days.
- If you experience significant nasal bleeding, fever, or facial pressure, contact our office immediately.

### What to Expect During Healing

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- A low-grade fever is common in the first 24–48 hours.
- The surgical site may appear white or yellowish as granulation tissue forms — this is normal.
- Sutures will either dissolve or be removed at your follow-up appointment.
- Some numbness or tingling in the lip, chin, or tongue is normal and usually temporary.
- Full osseointegration (bone healing around the implant) takes approximately 3–6 months.

#### Questions or Concerns? Call Us Anytime.

Gardens Dentistry • (561) 508-6923

Call us immediately for: uncontrolled bleeding • severe worsening pain • fever over 101°F • difficulty breathing or swallowing