



Post-Operative Instructions Implants

The following instructions are provided to make your postoperative recovery period as short and pleasant as possible. A certain amount of swelling, pain, and bleeding is normal.

First Hour

- Bite down and maintain firm pressure on the gauze pack placed at the end of your surgery for at least 30 minutes. After 30 minutes, remove the pack and replace it with another gauze sponge as provided. Continue to bite down and maintain firm pressure for an additional 30 minutes.
- There should not be excessive bleeding. Bright red blood rapidly pooling in the area is not normal. If this occurs and does not decrease with pressure, please call our office immediately.

Medications

- If you were asleep for surgery, be sure to eat soft, nutritious food prior to taking any medications. This will decrease the chances of post-surgical nausea.
- You were prescribed an antibiotic prior to surgery. Continue taking it until all pills are finished. Take your pain medications as needed, following the directions provided. Ensure you do not have any allergies that the doctor is unaware of.

Mouth Rinse

- Do not rinse for a minimum of 72 hours, and longer if possible. Rinsing can disturb the blood clot, reopen the wound, prolong bleeding, and delay healing.
- There should be no blood pooling in your mouth. Saliva may be swallowed.
- Do not brush the teeth in the surgical area for 48 hours. When brushing, be gentle. When expectorating (spitting), be gentle.
- If you were using a prescribed mouthwash prior to surgery, you may resume it 24 hours after surgery. Place the mouthwash in the surgical area and allow it to sit for 30–60 seconds. Do not rinse with it until after your suture removal appointment (typically 2 weeks after implant placement).



Diet

- We recommend a soft, mostly liquid diet (soups, puddings, yogurt, milkshakes, etc.) for the first 4–5 days. Gradually begin adding soft foods that require minimal chewing (such as soft pasta).
- As you transition back to your normal diet, avoid chewing on the surgical site or any healing caps emerging from the gums. Eating on healing caps can cause movement of the implant before it is ready to handle biting forces.

Cold Applications

- Apply ice immediately to the surgical area. If your surgery was in the upper anterior jaw, you may experience swelling extending into the nose and under the eyes. Bruising and discoloration are normal.
- Use crushed ice or a cold pack in a plastic bag wrapped in a washcloth. Apply for 30 minutes on, then 20–30 minutes off. Repeat as much as possible for the first 24 hours, and longer if it helps reduce discomfort.

Activity

- Avoid excessive physical activity and exercise.
- Do NOT smoke. Smoking increases the risk of implant failure.
- Do not drink through a straw or consume carbonated beverages for at least 3 days. Do not consume alcoholic beverages while taking pain medications.

Temporary Restorations

- If you have a temporary flipper, do not place it until numbness has resolved. Once placed, it should not contact the gums in the surgical area. Contact can cause irritation, ulceration, and breakdown of the surgical site.
- If you have concerns about the fit of your flipper, do not wear it until it has been evaluated by your general dentist or this office.

Implant Site

- You may not see the implant, as it is often covered by the gums. This is normal. Do not stretch your lip to inspect the area, as this can disrupt healing.
- In some cases, a healing cap may be visible. It will appear as a small silver component emerging through the gums. Avoid chewing on this area, as the implant is still integrating with the bone.



Follow-Up Appointments

- Most follow-up appointments are scheduled 4–6 weeks after surgery. If anything arises that you consider unusual, please do not hesitate to contact our office immediately at (425) 428-5888.