



After Implant Surgery

After your dental implant surgery, it's essential to avoid disturbing the surgical area. On the day of your procedure, refrain from touching the area, rinsing your mouth, or spitting.

****Bleeding****

Some minor bleeding or red saliva is normal during the first 24 hours following surgery. If you experience significant bleeding, bite down on a gauze pad for 30 minutes, ensuring it's placed directly over the incision site. If the bleeding continues, please contact our office.

****Swelling****

Swelling is a common side effect after surgery. To minimize it, apply ice to the side of your face where the implants were placed. For the first 36 hours after surgery, use ice regularly while awake, and try to keep your head elevated. Swelling will typically peak in 2-3 days and then gradually decrease. After 72 hours, stop using ice and switch to a warm compress or heat pack with gentle massage 3-4 times a day.

****Diet****

Stay hydrated after your surgery. On the day of the procedure, stick to soft foods and liquids. Once you feel comfortable, you can return to a more regular diet. If a metal healing cap is visible above your gums, avoid chewing directly on it for several months. Be sure to clean the cap gently each day to keep it and the surrounding tissue clean.

****Pain****

Ibuprofen (Motrin® or Advil®) is effective in controlling pain, swelling, and inflammation. Generally, ibuprofen is taken in 200mg doses; your doctor may recommend a 600mg dose every 6 hours or an 800mg dose every 8 hours. For mild to moderate pain, you can take 1-2 tablets of Tylenol® or Extra Strength Tylenol® every 6 hours.

If your pain is more severe, your doctor may prescribe narcotic pain medications. These medications can make you feel drowsy and slow down your reflexes, so avoid driving, operating machinery, or consuming alcohol while taking them.

Pain should gradually decrease after 72 hours. If the pain persists or worsens, please contact your surgeon.

****Sutures****

Most sutures used in dental implant surgery are self-dissolving. If non-dissolving sutures are used, your surgeon will inform you before your discharge and schedule a follow-up appointment to remove them in 7-14 days. This process is quick, doesn't require anesthesia, and should not cause discomfort.

****Antibiotics****

You may be prescribed antibiotics to prevent infection. If you experience a rash or any adverse reactions, stop taking the antibiotics and contact our office for guidance.

****Oral Hygiene****

Good oral hygiene is key to healing. On the night of surgery, use the Peridex Oral Rinse before bed, if prescribed. After that, rinse with Peridex twice daily—once after breakfast and again before bed. Rinse for at least 30 seconds, then spit it out. You should also rinse with warm salt water (1 teaspoon of salt in a cup of warm water) at least 2-3 times a day, especially after meals.

Brush your teeth and healing caps as usual, but be gentle around the surgical area.

****Activity****

Limit physical activity for the first 24 hours after surgery. Strenuous activities can lead to increased bleeding or discomfort. Also, be aware that a reduced intake of food or fluids following surgery may make you feel weak or lightheaded, so take it easy.

****Wearing Your Prosthesis****

Avoid using partial dentures, flippers, or full dentures for at least 10 days after surgery to ensure proper healing. If you have any concerns or questions, don't hesitate to contact our office.