



WHAT TO DO AFTER YOUR DENTAL IMPLANT SURGERY

WHAT TO EXPECT:

Discomfort, bleeding, bruising, and/or swelling are expected after dental implant surgery.

DISCOMFORT:

To reduce discomfort, take 2 tablets of over-the counter Tylenol, Motrin, or Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If necessary, you can alternate Tylenol and Advil every three hours as needed for pain relief. If prescribed, take any antibiotic and anti-inflammatory medication as directed to facilitate healing. If you were given a prescription for pain medication, take it as needed for severe discomfort only.

BLEEDING:

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice water held (not rinsed) over the surgical site for a few minutes. Avoid strenuous activity and rest upright in a chair to minimize bleeding. If bleeding is continuous, place a folded gauze pad or a moistened tea bag on the tongue side of the surgical site and a second one on the cheek side and apply firm pressure with our thumb and index finger for 20 minutes. Repeat as needed. If bleeding persists, call our office.

SWELLING:

Some swelling is expected and will be greatest for the first 48 to 72 hours following surgery. To minimize swelling, place an ice bag on the side of your face, 15 minutes on and 15 minutes off for the first six hours after surgery. If possible, elevated headrest (extra pillow) should be used during the first two nights after surgery.

DIET:

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, ice-cream, yogurts, cold soups and pasta. Drink at least 8 large glasses of water or juice per day for the first few days. Be sure to stick to a nutritious diet during the healing period. Avoid smoking and alcohol.

ORAL HYGIENE:

Keep your teeth as clean as possible. At first, only brush the teeth in the treated area gently but maintain regular brushing routine in other areas of the mouth. The next day, you may start using warm salt-water rinses approximately 3 times a day or after every meal. Continue them for one week.

ACTIVITY:

Relax for the rest of the day and avoid any significant physical activity and exercise for the first 48 hours.