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Dental Implant Placement Post-Operative Instructions

Activity: Minimal physical activity is recommended after implant placement. You can start light activity 24 hours after the implant is placed *if you are feeling up to it*. For 3 days after implant placement avoid extreme exercise, heavy lifting, or any strenuous activity.

Bleeding/Stitches: Mild oozing of blood may occur up to 24 hours after surgery. Excessive bleeding can be controlled by placing a cool, damp gauze over the site and applying firm biting pressure for up to 45 minutes. The doctor may have placed sutures during your implant placement. If so, you will need to return to our office in approximately one (1) to two (2) weeks for suture removal. If your sutures come out prior to your appointment, please call our office.

Smoking: Smoking can dramatically reduce the long term success of a dental implant. We recommend that you not smoke at all.

Swelling: Some mild swelling, bruising, or discomfort is not abnormal after implant placement. The use of ice packs in 20 minute intervals will help reduce the swelling and alleviate pain. If swelling has not lessened, or pain is increasing within 48-72 hours after surgery, please contact us.

Diet: Do not eat until the anesthetic has worn off to avoid biting your tongue or lips. *A soft diet, no use of straws, and no carbonated beverages is recommended for the first 24 hours.* Try to avoid sharp or crumbly foods that can irritate the implant site. After 24 hours you can return back to your normal diet as tolerated. Be sure to drink plenty of water to stay hydrated while healing.

Oral Hygiene: Continue normal brushing routine with careful brushing around the implant site. Avoid all oral rinses and forceful spitting for 24 hours after surgery. After 24 hours a gentle salt water rinse (8oz of warm water with one teaspoon of salt) can be added to your oral hygiene routine; you can do these rinses after each meal.

Medications: We recommend taking *two (2) 200 mg Ibuprofen (Such as Advil) with one (1) 500mg Acetaminophen (such as Tylenol) every 6 hours for pain**. Additional pain medications or antibiotics will be prescribed at the doctor's discretion. **Do not use the Ibuprofen and Acetaminophen regimen in conjunction with any prescription pain medications*

If anything alarms you as abnormal or unexpected, please do not hesitate to call us immediately. Should you not be able to reach us at one of our locations during normal business hours, we do have emergency after hours care. Please call our office and follow directions to be connected to the doctor on call.