



## POST-OP INSTRUCTIONS FOR DENTAL IMPLANTS

**Please avoid:** Keep fingers and tongue away from the surgical site. Do not use a straw for 24 hours. Do not smoke for 3 days

**Bleeding:** In most cases, bleeding is minimal since the wound is often closed with sutures. Some bleeding and oozing can be expected for the first 24 hours. Please keep firm biting pressure on the gauze pack over the surgery site for about an hour. Change the gauze only when saturated, this is usually every 15-20 minutes.

Avoid vigorous spitting and rinsing. No sucking from a straw for 24 hours.

**Swelling:** You may experience swelling. It is at the most significant 2-3 days after the procedure. Apply ice packs for the first 24 hours to avoid swelling. Alternate applying the ice for 15 minutes, then removing for 15 minutes.

**Oral Hygiene:** Brush your teeth like normal, taking care to be extra gentle in the site of the surgery. Avoid using a waterpik or hydrogen peroxide for 2 weeks after surgery.

Starting 1 day after your surgery, start rinsing your mouth with warm salt water. 8 oz of tepid water mixed with a tsp of salt and 2-3 times daily.

**Diet:** Start with a very soft diet, such as ice cream, pudding, yogurts, soups. Avoid foods with sharp edges, such as chips, pretzels etc. You may gradually return to a normal diet as tolerated.

**Activity:** Limit physical activity for the first 24-48 hours after surgery. Overexertion may lead to post-op bleeding and/or pain.

**Smoking:** Please refrain from smoking for at least 3 days after surgery. Smoking increases the risk of infection and delays healing.

**Pain:** Mild to moderate pain is expected, usually peaking on day 3. Please take ibuprofen 200 mg x 3 (600 mg) and tylenol 325 mg x 2 (650 mg) together every 4-6 hours as needed for pain. As pain symptoms improve, you can start alternating the medication and take less frequently until not needed.

**Bone Graft:** In some cases, the dentist may place bone graft material. You may notice some gritty material in your mouth. This is normal and no need to worry. It should subside in a couple of days

**Dental Prosthesis:** Avoid wearing your partial denture or flippers while healing. It may need to be adjusted to feel more comfortable.

**Post-Op Visits:** It is important to return for your post-op visit, usually 1-2 weeks after treatment.

Please contact our office if you have any questions or concerns before your post-op visit.