

Post-Op Instructions for Dental Implant Surgery



Care for the Implant Site

- ▶ Do not disturb the surgery site. Avoid rinsing, spitting, or touching the implant site on the day of surgery.
- ▶ You may see a small metal piece (healing abutment) sticking out of your gums. This is normal and will be replaced later.



Diet

- ▶ Drink plenty of fluids, but avoid very hot liquids on the day of surgery.
- ▶ Eat soft foods while the numbness from anesthesia is still present. Avoid hard or sharp foods like crusty bread and chips for at least 7 days to protect the implant.
- ▶ Avoid chewing pressure around the implant during the healing period. Chew on the other side of the mouth if possible.



Swelling

- ▶ Swelling is normal after surgery. To reduce it, place ice in a plastic bag and apply it to your cheek near the surgery area. Use the ice as desired for the first 36 hours. Then you can transition to warm compresses.
- ▶ Swelling usually peaks 48 hours after surgery and may cause some redness around your face on the third or fourth day.



Bleeding

- ▶ Some bleeding or redness in your saliva is normal for the first 24 hours.
- ▶ If you experience heavy bleeding (your mouth fills up rapidly with blood), bite on a gauze pad placed directly on the wound for 10 minutes without moving it. If the bleeding continues, please call.



Sutures

- ▶ Sutures (stitches) - if used - will dissolve on their own in about 3-14 days, depending on the type used. You will be notified if non-dissolving stitches were used. They need to be removed typically 2 weeks after surgery.



Pain Management

- ▶ Please see our pain regimen guidelines for optimizing pain relief.
- ▶ Start pain medication immediately following surgery before numbing medicine subsides.



Oral Hygiene

Maintaining excellent oral hygiene is critical to ensure proper healing and reduce the risk of infection. Please follow these instructions carefully:

Rinse

▶ Antimicrobial rinse

Starting the day after surgery, use Peridex (chlorhexidine) mouth rinse 2-3 times daily, after breakfast and before bed, for 60 seconds each time. Allow the rinse to coat the surgical area thoroughly without swishing or gargling forcefully.

▶ Saltwater Rinse

Prepare a saltwater rinse by dissolving 1 teaspoon of salt in 1 cup of warm water. Rinse gently 4-5 times a day, especially after meals, to keep the area clean and promote healing.

Brushing

▶ First Two Week

- Brush your teeth starting the day of surgery, but avoid direct brushing of the surgical site.
- Use the softest toothbrush available and focus on keeping the rest of your mouth as clean as possible.
- Allow the Peridex rinse to clean the gums and the surgical area.

▶ After Two Weeks

- Begin to brush gently around the implant site. Use very light pressure and a soft-bristled toothbrush.



Healing Abutment

- ▶ The healing abutment is hand-tightened and can sometimes become loose. If it remains loose for more than a day, your gums may grow over it, requiring a minor procedure to fix it. If it becomes loose in the first 3-6 weeks, we may wait until the bone matures before addressing it.



Exercise

- ▶ Limit physical activity immediately after surgery. If you experience throbbing or bleeding, stop exercising.
- ▶ If no bone graft was placed, you can usually resume exercise the next day if you feel up to it.
- ▶ If bone grafting was completed then defer strenuous exercise for 1 week.



Using Prosthetics

- ▶ You can wear your clear plastic temporary tooth retainer following surgery if one was given (in case of missing front teeth).
- ▶ Adjustments need to be made to dentures or partials before they can be worn again. Your general dentist will make these adjustments.

We're here to support you throughout your surgical experience. If you have any questions or concerns, don't hesitate to contact us.

