



Post-Op Instructions – Dental Implants

It is important to not disturb the wound. Avoid rinsing, spitting or touching the wound on the day of surgery.

Bleeding: Bite down on the gauze pads for 30-60 minutes following your procedure. If bleeding still occurs, replace with a clean gauze until bleeding is controlled.

Oral Hygiene: You can brush your teeth the night of surgery, but be gentle around the surgical sites. You can rinse your mouth very gently with warm salt water the following day after surgery.

Swelling: Use an ice bag over the area to minimize swelling.

Activity: Bending, lifting or strenuous activity will result in increased bleeding, swelling and pain. Keep physical activities to a minimum for the first few days after surgery.

Diet: Avoid extremely hot foods and drink plenty of fluids. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as it's comfortable.

Pain: You should begin taking pain medication as soon as you feel the local anesthetic wearing off. It is important to continue taking the prescribed medication for the indicated length of time.

It is normal to experience discomfort for several days after surgery. However, please contact us right away if you are experiencing:

- Swelling beyond three days after surgery
- Excessive bleeding after two days
- Increased discomfort