



POST-OPERATIVE INSTRUCTIONS

After Dental Implants

It is important to follow these directions for the first two weeks after the placement of a dental implant(s) for optimal healing.

Head Position: Please sleep and rest with your head elevated to 30 degrees which is two pillows during the first two nights after the procedure to reduce swelling.

Ice Packs: Apply an ice pack on the outside of the face over the surgical site to reduce swelling. Place the pack on for 20 min. and then off for 20 min. This can be repeated continually over the first 24 hours to help reduce swelling, pain and bleeding and should be stopped after the first 24 hours.

Diet: You must maintain a soft diet and chew away from the implant site during the first 7 days after surgery. This will prevent food particles from contaminating the surgical site. Smoking and consumption of alcohol should be avoided during this time.

Post-op Bleeding: Bleeding after the placement of dental implants is normal and may persist for the first 12-24 hours. It is usually easily controlled by biting on gauze placed directly over the surgical site. Pressure with gauze should be maintained on the site as long as bleeding persists. Once the bleeding has stopped gauze should be removed from the mouth. Do not sleep with gauze in your mouth.

Persistent bleeding will respond to dipping the gauze in ice water and placing this on the surgical site. You can also take a black tea bag that is moist and place it directly over the surgical site and bite. The tannic acid will promote clotting. If bleeding persists despite these measures, please contact us immediately. The gauze can be taken out of the mouth and no longer used once the bleeding has stopped completely.

Mouth Rinsing: After the first 24 hours the mouth should be gently rinsed after each meal with salt water, which can be prepared by mixing a teaspoon of salt in 8 ounces of water. Other mouth rinses should not be used unless prescribed.

Dentures: Old dentures may not be worn until the fit has been checked. Wearing old dentures too early may lead to unsuccessful and poor healing.

Activity: Avoid any activity which may result in a blow to the mouth or jaw.

Medications: Take all medicines as prescribed.

Caution: Do not drive or operate dangerous machinery while on pain medicine.

Please report any of the following to our office:

1. Excessive bleeding.
2. Unusual drainage or pus from the surgical site.
3. Any itching, rash, or reaction to any of the medications.
4. Temperature of 100° measured orally.
5. If you're in doubt or if there are any signs whatsoever of a problem in healing of the implant areas.

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