

# Implant Aftercare Instructions

## Following Implant Surgery:

- Some pain, bleeding, swelling, and seeping are normal following oral surgery. Please do not try to view the site by pulling on your lip and do not probe the area with your tongue or fingers. If you experience excessive bleeding or discomfort after 48-72 hours, please call our office immediately.
- You can take ibuprofen or acetaminophen according to the instructions on the label or those provided by our office as needed.
- Swelling around the face, eyes, and surgical site is not uncommon and may become more noticeable two to three days following surgery. Applying a cold compress to the face near the implant site will help minimize swelling. If using an ice pack, please do not apply ice directly to your skin but place a cloth between the ice and your skin at all times. You may apply the cold compress for up to 20 minutes on and at least 20 minutes off as needed. After 36 hours the cold compress will have no further impact on swelling. After this period, the application of moist heat to the sides of the face can help reduce swelling.
- A warm salt water rinse, approximately ½ teaspoon in an eight ounce glass of water, three times a day can be helpful.
- Avoid brushing your teeth near the surgery site but brush and floss the rest of your mouth as instructed by our office.
- For 24 hours following your surgery, do not suck on a straw, brush, rinse, spit, or smoke.
- For the first 24 hours you may experience some cold and heat sensitivity. Avoid hot and spicy foods as well as carbonated and alcoholic beverages.
- Restrict your activities on the day of your surgery. Avoid excessive work or play, and resume normal activity the following day as tolerated.
- After the first day, gently rinse with a warm salt water rinse, approximately one-half teaspoon of salt in an eight ounce glass of water, three times a day.
- During the first few days after surgery restrict your diet to liquids and soft foods such as soups, yogurt, juice, and smoothies.
- Follow any other instructions provided by the office on your visit. Please take all medications as prescribed including your prescribed antibiotics to help prevent infection.
- If you have a denture that overlaps the implant site, please minimize the use of the denture following surgery to allow the site to heal. After the first week, you should be able to gradually increase the amount of time you can wear your denture.
- It is extremely important to keep your follow up appointment(s) so that we can monitor the healing process.

**If pain and swelling are increasing after a few days, please call our office right away.**

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