

Comprehensive Dentistry
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Aftercare Instructions for Dental Implants

Swelling

In some cases, puffiness and swelling may result and should not cause alarm. This may be kept at a minimum by holding an ice bag on the outside of the face, adjacent to the surgical area for the first 6-8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.

Bleeding

It is normal for saliva to be slightly streaked with blood. In order to stop the bleeding place a moist piece of gauze or cold wet squeeze tea bag over the surgical site and bite down for 20 minutes. Repeat if necessary. Keep fingers and tongue away from surgical site.

Rinses

Do not rinse mouth until the following day. On the morning following surgery, rinse mouth thoroughly with Peridex, Listerine or warm salt water (1/2 tsp salt with 6 oz. warm water). Repeat this after each meal for the first 2 weeks.

Denture

Dentures should not be worn until the denture has been relined or adjusted. Insertion of dentures too early may jeopardize a successful healing process.

Diet

To prevent any inadvertent food particles from contaminating or injuring the surgical site, you should only consume liquid and mashed foods during the first 2 weeks. Some examples are fruit juices, ice cream, soups, Ensure, Carnation Instant breakfast, custards, mashed potatoes, peas and any food mashed in a blender. Smoking and consumption of alcoholic beverages should be avoided during the first 2 weeks.

Sleeping

Keep your head elevated with 2 pillows while sleeping.

Medication

Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:

- All medications may produce allergic reactions and/or side effects.
- Narcotics will impede driving, using machinery and mental alertness.
- Antibiotics may negate birth control medications. Use alternative methods.

Concerns

If you have any doubts or concerns, please call the office at 645-5657.