

After Dental Implant Surgery

After surgery you should try not to disturb the surgical site(s). Avoid rinsing, spitting, or touching the site(s) on the day of surgery. You may have a temporary healing abutment that can be felt above the gums at the surgical site; do not disturb it.

Bleeding

A small amount of bleeding or redness in saliva is normal during 24 hours after surgery, and should be expected. You can control excessive bleeding by placing a gauze pad directly on the wound and biting down with firm pressure for 30 minutes. If you do this and the bleeding continues please call us for further instructions.

Swelling

Swelling is normal after surgery. To minimize swelling, apply an ice pack or wrap an ice-filled plastic bag with a towel and apply it to the cheek next to the surgical site. Do not apply ice for more than 20 minutes at a time.

Diet

Drink plenty of fluids. Avoid hot liquids or food for 48 hours. Soft foods and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless instructed otherwise.

Pain

Take your prescribed pain medication as needed when the anesthetic wears off. For moderate pain take 2 or 3 ibuprofen (Motrin or Advil, 200mg each) every 6 hours. If you choose, you may take 1 or 2 Tylenol (acetaminophen) every 8 hours instead. If pain is severe, take your prescription medication as directed. If you are allergic to any of the medications above do not take the medication.

Antibiotics

If you are prescribed antibiotics following surgery, **be sure to take them according to instructions in order to help prevent infection and promote long term success of the implant.**

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Chlorhexidine Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Gentle, warm salt water rinses (1/2 teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brush your teeth as usual, but be gentle initially with brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should stop exercising. Keep in mind that during recovery you are probably not getting your regular food intake. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis

Partial dentures, flippers, or full dentures should not be worn immediately after surgery and for at least ten days.

If you have any questions or problems please call us @ 801.268.2323 (office) or 801.513.8911 (cell).