

Implant Placement Post Op Instructions

Post-Operative Instructions for Dental Implant Placement

Thank you for choosing us for your dental implant procedure. Proper aftercare is crucial for successful healing. Please follow these instructions carefully:

First 24 Hours

1. **Bleeding:** Some bleeding is normal. Bite gently on gauze for 30–45 minutes. If bleeding persists, replace with new gauze or use a moist tea bag.
2. **Swelling:** Swelling is expected and may peak within 48 hours. Apply an ice pack (20 minutes on, 20 minutes off) for the first 24 hours.
3. **Pain Management:** Take prescribed or over-the-counter pain medication as directed before the anesthesia wears off.
4. **Diet:** Stick to soft foods and avoid chewing on the implant site. Avoid hot, spicy, acidic, and crunchy foods.
5. **Oral Hygiene:** Do not rinse, spit forcefully, or use a straw. Avoid brushing near the surgical site for the first 24 hours.

After 24 Hours

1. **Rinsing:** Gently rinse with warm salt water ($\frac{1}{2}$ teaspoon salt in 8 oz of water) 2–3 times a day.
2. **Brushing & Flossing:** Resume brushing, avoiding direct contact with the implant site for a few days.
3. **Smoking & Alcohol:** Avoid smoking and alcohol for at least 72 hours as they can delay healing.
4. **Physical Activity:** Limit strenuous activity for 48 hours to reduce the risk of swelling or bleeding.

What to Watch For

- **Excessive Bleeding:** If bleeding continues despite applying pressure, contact our office.
- **Severe Pain or Swelling:** Mild discomfort is normal, but worsening pain or swelling may indicate an issue.
- **Signs of Infection:** Fever, pus, or an unpleasant odor should be reported to our office immediately.
- **Loose Sutures or Open Wound:** If stitches come out prematurely or the site looks open, call our office.
- **Loose Implant or Discomfort:** If you feel movement or pressure in the implant area, contact us promptly.

Follow-Up Care

- Attend all scheduled follow-up appointments to monitor healing.
- Maintain a proper oral hygiene routine to ensure implant success.

We are here to support you through your recovery. If you have any concerns, please reach out to our office. Wishing you a smooth and successful healing process!