

Post-operative Care for Dental Implant Surgery



Good oral hygiene is essential to good healing. The night of your implant surgery, use the antibacterial rinse we provided before bed. After that, the rinse should be used twice daily: after breakfast and before bed.

You can brush and floss as normal, but be careful in the surgical area, and avoid a water pick or any electric toothbrush-type devices for a few weeks until the sutures are gone and the area has healed. There may be a metal healing abutment protruding through the gingival (gum) tissue. After the first few days you should also brush that area.

Some oozing or redness in the saliva is normal for the first 24 hours. If you find you are having more than just a bit of oozing at the site, then the bleeding can be controlled by biting on the gauze pad provided or a moist tea bag. Place it directly on the area for 60 minutes. If there is still excessive bleeding, or it continues beyond the second day, call our office.

Be sure to take the prescribed antibiotics as directed to help prevent infection.

Do not take any aspirin as this may induce bleeding.

Do not spit or suck on straws as this can dislodge blood clots or slow the healing process.

Swelling is very normal after surgery. Keep your head elevated when you sleep the night of the surgery as this will help minimize bleeding and swelling. You may use an ice pack for the first 48 hours to reduce swelling.

No physical activities for the first 48 hours (i.e. working out, lifting of heavy objects, etc.), and then keep it light for the remainder of the week.

Drink plenty of fluids, but try to avoid hot liquids as they can increase bleeding.

A soft diet is recommended for seven to 10 days, while the area heals.

Do not smoke because it delays healing and increases the chance of infection.

If you also had a sinus bone graft, avoid blowing your nose for the first two weeks after surgery. If you must sneeze, do so with your mouth open to avoid creating pressure in the sinus.

Your surgeon will check the surgical site one week after surgery. After that, further follow-up appointments will be determined at each appointment. If you have any questions or concerns, please call the office. For after hours questions and concerns, please call the service and a doctor will call you back.

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