

# WHAT TO DO AFTER YOUR DENTAL IMPLANT SURGERY

## WHAT TO EXPECT

Some discomfort, bleeding and/or swelling are expected after having dental implant surgery. The following are guidelines to follow, which will help the healing and lead to a quicker recovery.

## DISCOMFORT

Take 2 Extra-Strength Tylenol, Motrin, or Advil (avoid Aspirin) before the numbness wears off and repeat every 6 hours as needed to control pain. If we have given you a prescription for stronger pain medication, you can take one tablet when you arrive home. Then follow the directions for the prescription. To avoid nausea, do not take any medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as it will help the area to heal.

## BLEEDING

Some blood will stain your saliva. This is normal. Oozing may be controlled with ice water held (not rinsed) over the surgical site for a few minutes. If continues bleeding occurs, discontinue any rinsing, avoid exertion and do the following: moisten a regular tea bag (preferable), gauze pad or Kleenex tissue and place it over surgical site. Hold in place applying firm pressure for 20 minutes. If bleeding persists, call the office.

## SWELLING

Some swelling should be expected. If this happens, it will be greatest the first 48 to 72 hours following surgery. To minimize swelling, place an ice bag on the side of your face, 15 minutes on and 15 minutes off. It's important that this be done the first day. However, you may continue ice compresses for 48 hours if you so desire. We recommend that you don't exercise for the first 48 hours following surgery as it will lead to increase swelling. If possible, elevated headrest (extra pillow) should be used during the first two nights after surgery. If steroid medication is prescribed, take it as directed. It's very important to finish the prescription as per instructions.

## DIET

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, ice-cream, yogurts, soups and pasta. Drink at least 8 large glasses of water or juice per day for the first few days. Vitamin C aids in healing, therefore, fresh orange or tomato juices are excellent following surgery. Be sure to stick to a nutritious diet during the healing period. Studies show that people who consume well balanced meals are less stressed and therefore less susceptible to pain. Avoid smoking and alcohol consumption.

## ORAL HYGIENE

After surgery, it is important to keep your teeth as clean as possible. At first, only brush the teeth

in the treated area gently but maintain regular brushing routine in other areas of the mouth. The next day, you may start using warm salt-water rinses (1 teaspoon of salt in 1 glass water) approximately 3 times a day or after every meal. Continue this for 1 week. Peridex rinse may be prescribed to aid in healing and plaque control.

## **ACTIVITY**

It is advised that you relax for the rest of the day following your surgery. This will promote your healing.

**IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL  
US AS SOON AS POSSIBLE.**