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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 gave you 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, then 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 the 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 to minimize bleeding and swelling. You may use an Ice pack for the first 48 hours to help 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 this can increase bleeding.

A soft diet is recommended for 7-10 days, while the area heals.

Do not smoke because it delays the healing and increases 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, so as not to create pressure in the sinus.

Your surgeon will want to 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, or, if after hours, do not hesitate to call the service, and the doctor will call you back.