



Post-Op Home Care for Implant Surgery

- You may expect slight swelling, tenderness, and bleeding around the surgical site for the first 2-3 days.
- If instructed by the Doctor, bite on the gauze provided with light pressure for 30 minutes to allow the surgical site to slow and prevent bleeding. If bleeding persists after the initial 30 minutes, bite on the extra gauze provided or a tea bag for another 30 minutes.
- After 24 hours, gently rinse with salt water or prescribed mouth rinses
- DO NOT Smoke or use any Tobacco products for 5 days
- DO NOT consume any alcoholic beverages for 2 days
- DO NOT use rigorous swishing or straws, chew food on the surgical site, brush aggressively, engage in strenuous activity or heavy lifting, or consume hard foods for the first 48 hours
- DO take all your medications, consume a soft food diet for the first 48 hours, brush and floss your teeth regularly (avoiding the surgical site), and apply ice on the outside of your cheek if swollen
- DO get quality rest, drink lots of fluids, and maintain a well-balanced diet for optimal healing
- Your sutures will dissolve on their own after 10-14 days (sometimes earlier), do not tug on them or remove them on your own.
- Your natural teeth may be sensitive to cold or tender to chewing pressure for the first 5 days, this is normal post any dental surgery.
- If Bone Grafting was completed, you may feel small granular white particles coming out of the surgical site for the first 2-3 days, this is normal and expected

Please call the office if any of the following occur

- Bleeding doesn't stop within the first 12 hours
- Prescribed pain medications do not significantly alleviate your pain
- Your sutures, bone graft, or membrane fall out in the first 3 days
- Swelling doesn't go away after 5 days
- Numbness persists after 12 hours
- Your implant or healing cap become loose
- You are experiencing a fever, nausea, or vomiting during the first 48 hours after your dental procedure