



Post Operative Instructions: Dental Implant Placement

IMMEDIATE POST-OP CARE

- Bite on supplied gauze for 30-60 minutes, (replacing every 15 minutes) or until bleeding subsides. You may find small amounts of blood in your saliva for approximately 24 hours after surgery – this is completely normal.
- Avoid spitting and rinsing for a minimum of 48 hours post surgery as this can disrupt the formation of a blood clot and affect suture placement.

DIET

- Soft food diet is recommended for a minimum of 3 days. Avoid nuts, seeds and any hard or crunchy foods. Use of straws is **not recommended** during this time.
- Refrain from smoking and alcohol consumption. These can increase the risk of complications like infection or bleeding of implant site.

BRUSHING

- Avoid disturbing the area: Do not touch the surgical site with your fingers or rub it with your tongue. Very gentle brushing around surgical site is advised.

SWELLING

- Swelling generally peaks within 48-72 hours – an ice pack can be applied to cheek for the first 24 hours (20 minutes on and 20 minutes off is recommended) to help with swelling. On day two, a warm compress can be applied.

REST

- Limit physical activity for two days after surgery so as not to increase blood pressure and initiate bleeding.

SUTURES AND FOLLOW UP

- Sutures should resorb/dissolve on their own within 2 weeks. It is imperative you attend any recommended follow-up appointments after implant placement. This will be booked 1-2 weeks after surgery.

MEDICATION

- Take prescribed painkillers or over the counter medications as directed, ideally before local anesthesia wears off.
- If antibiotics are prescribed, take the full course.

HYGIENE

- Implants can be more difficult than your natural teeth to keep clean at home.

- Due to this, adequate home care, including brushing 2X/day, flossing, and using a waterpik if recommended, as well as attending your recommended 3-4 month hygiene appointments is necessary for ***long term*** implant success.
- Failure to attend recommended hygiene appointments or poor oral hygiene will void your 5 year warranty.

NIGHTGUARD

- Since your implant does not sit in a ligament, like your natural teeth, they do not have the same amount of “bounce”, therefore it is strongly recommended you wear your nightguard every night.

** Your implant should be fully integrated within 4-6 months at which point your crown will be placed!