

## Dental Implants – Post-Op Instructions

### After Anesthesia

- Numbness may last several hours; avoid chewing until it fully wears off.
- Be careful not to bite your cheeks, lips, or tongue.

### Discomfort

- Pain is usually strongest in the first **6–8 hours**.
- Take pain medication as directed.
- Avoid alcohol, driving, or operating machinery.
- Do not take prescription pain medication on an empty stomach.
- Call your dentist if pain persists or worsens.

### Swelling & Bruising

- Apply a cold compress: **20 minutes on, 10 minutes off** for the first 24 hours.
- Elevate your head for the first 2 nights.
- Ibuprofen helps reduce swelling.
- Swelling may increase for 3 days and improve by day 4.
- Bruising may appear and is normal.

### Bleeding

- Keep gauze in place for **30–40 minutes** after leaving the office.
- Replace gauze every 30–40 minutes if bleeding continues.
- Bleeding should **never** be severe – call your dentist if uncontrolled.

### Infection Prevention

- Rinse gently with warm salt water or chlorhexidine after meals.
- Do not swish aggressively.
- If prescribed antibiotics, take them exactly as directed and finish the course.

### Diet

- Stick to **soft, cool foods** for the first 6 days.
- Avoid hard, crusty foods and anything with seeds (popcorn, sesame, poppy seeds).
- Stay hydrated.
- Avoid hot liquids until numbness and bleeding have stopped.
- No smoking, straws, carbonated drinks, or alcohol for **72 hours**.
- Rinse with chlorhexidine after meals; do not eat or drink for 30 minutes afterward.

### Healing

- A blood clot must remain undisturbed – avoid touching or rinsing vigorously for 24–48 hours.
- Do not probe the area with fingers or objects.
- Take a daily multivitamin with **1000 mg vitamin C** to support healing.
- For **upper implants**, avoid blowing your nose for 2 weeks.

### Sutures

- Sutures may dissolve on their own unless your dentist advises removal.

### Restoration

- Your dentist will restore the implant as soon as it is safe, but doing so too early can compromise healing.

### General Notes

- Contact your dentist with any concerns about pain, swelling, bleeding, or healing.
- You are responsible for costs if instructions are not followed.