

Post-Operative Instructions – Implant Surgery

What to Expect:

- Some bleeding for the first 24 hours (biting on gauze helps. Extra gauze is given. Switch out every 30 minutes until bleeding stops).
 - If bleeding persists, biting on damp tea bag will help the area clot
- Swelling and soreness peaking 2-3 days post-op
- Temporary tightness or numbness in the area
- Stitches may dissolve after day 5

Call If You Notice:

- Excessive bleeding after 24 hours
- Persistent pain beyond 3 days
- Pus or bad odor coming from implant site

What to Avoid:

- No chewing on the implant side for at least a week
- Avoid hot beverages for 24 hours
- No alcohol or tobacco for 48-72 hours — they slow healing
- No straws, spitting, or smoking for 3-4 days—this can disrupt the gum healing

What to Do:

- Ice packs for 24–48 hours
- Take antibiotics and meds as prescribed
- Elevate your head when sleeping
- Soft diet: pasta, yogurt, scrambled eggs, smoothies
- Non-narcotic pain regimen will be given consisting of Tylenol + Ibuprofen (advil/motrin). These two medications taken together will be as effective as a narcotic without the negative side effects of narcotics

Gibney Pro Tips:

- Skip the gym for 3 days. Lifting weights = pressure you don't need.
- Soups are great—just let them cool down!
- Start gentle salt rinses on Day 3