

Dental Implant Post-op Instructions

You have just had a dental implant placed at Hutchinson Family Dental. Implants act as a substitute for a tooth root, providing a stable base for a crown, bridge or denture. It's critical to follow post-operative instructions to ensure proper healing and implant success.

Medication: It is recommended that you take something for pain-relief within one hour of leaving our office. Take 800 mg Ibuprofen (4 x 200 mg tablets) 3 times a day for 3 days. This will help to prevent any swelling or discomfort. Any prescribed antibiotics should be taken as directed and in their entirety.

Swelling: Swelling is normal after surgery and usually peaks within 2-3 days. Use ice packs on the affected area for the first 24-48 hours (20 minutes on, 20 minutes off) to minimize swelling. After 48 hours, warm towels can be used (20 minutes on, 20 minutes off). Elevate your head with pillows when resting to reduce further swelling.

Bleeding: Some bleeding is normal but if excessive (mouth fills rapidly with blood) bleeding persists, bite on gauze directly over the surgical area for 30 minutes. If excessive bleeding persists, call our office.

Rest: Limit physical activity for the first few days.

Brushing: After the first day, gently resume brushing. Avoid brushing around the surgical site for three days. Warm salt water rinses (1/2 teaspoon of salt in a glass of warm water) can be used after meals to help with cleaning and healing.

AVOID: Do not use straws, smoke or vigorously rinse your mouth for the first few days. These can disrupt the healing process. Avoid rinsing or spitting on the day of surgery.

Diet: For the first 24 hours, stick to a liquid or soft food diet (soups, yogurt, mashed potatoes, etc...) and avoid hot foods and beverages. Avoid smoking and alcohol for two weeks following surgery. Gradually introduce solid foods as you feel comfortable. **Avoid chewing directly on the implant site until it's fully healed.**

If you have any questions, please call our office at 620-663-9119.