

Dental Implant Post-Operative Care Guide

Congratulations on taking the next step toward restoring your smile. Proper care after your dental implant procedure is essential for healing and long-term success. Please follow the guidelines below carefully.

Immediately After Surgery (First 24 Hours)

- **Bite gently on gauze** for 30–45 minutes to control bleeding. Replace as needed.
- **Avoid rinsing, spitting, or using straws** for the first 24 hours, as this can disrupt healing.
- **Rest with your head elevated** and limit physical activity.
- **Apply an ice pack** to the outside of your face (20 minutes on, 20 minutes off) to reduce swelling.

Bleeding & Swelling

- Mild bleeding or oozing is normal for the first day.
- Swelling typically peaks within 48–72 hours and should gradually improve.
- Bruising around the jaw or cheek area is normal and temporary.

*If bleeding is excessive or does not slow after applying pressure, contact our office. **

Pain Management

- Take prescribed or recommended pain medication **as directed**.
- Over-the-counter options such as ibuprofen or acetaminophen may be used unless otherwise instructed.
- Avoid aspirin unless approved by your doctor, as it may increase bleeding.

Oral Hygiene

Keeping your mouth clean is critical — but gently.

- **Do not brush the surgical area for the first 24 hours.**
- After 24 hours:
 - Gently brush surrounding teeth, avoiding the implant site.
 - Rinse gently with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz water) 2–3 times daily.
- Use any prescribed mouth rinse exactly as instructed.

Do not use commercial mouthwash unless approved. *

Diet Guidelines

Stick to **soft, cool foods** for the first few days:

Recommended Foods

- Yogurt
- Smoothies (no straws)
- Mashed potatoes
- Scrambled eggs
- Soup (lukewarm, not hot)

Avoid

- Crunchy, hard, or sticky foods
- Hot foods or drinks for 24 hours
- Chewing on the implant side

Gradually return to your normal diet as healing progresses.

Smoking & Alcohol

Do NOT smoke or vape for at least **7-10 days** (longer if possible). Smoking greatly increases the risk of implant failure.

Avoid alcohol for at least **48-72 hours**, especially if taking pain medication or antibiotics.

Physical Activity

- Avoid strenuous exercise for **48-72 hours**.
- Light walking is okay, but avoid bending over or heavy lifting.

Medications

- Take all prescribed antibiotics **until finished**, even if you feel fine.
- Follow instructions for pain medication carefully.
- Contact us if you experience nausea, rash, or adverse reactions.

What's Normal vs. Not Normal

Normal

- Mild pain or soreness
- Swelling or bruising
- Slight bleeding
- Temporary numbness

Call Our Office If You Experience

- Severe or worsening pain after 3-4 days
- Persistent swelling beyond one week
- Fever or signs of infection
- Implant feels loose
- Pus or foul taste/odor from the site

Follow-Up Appointments

Your follow-up visits are essential to monitor healing and ensure implant success. Please keep all scheduled appointments and contact us if you need to reschedule.

Questions or Concerns?

If you have any questions during your recovery, please don't hesitate to contact our office, **National Dental Implant Center of Hauppauge (631) 888-3388**. We're here to support you every step of the way. If you experience severe pain, excessive bleeding, signs of infection, or have concerns about your recovery, contact our office immediately or seek emergency medical care. *

Medical Disclaimer

This post-operative care guide is provided for general informational purposes only and is not intended to replace professional medical or dental advice, diagnosis, or treatment. Individual healing times and care instructions may vary. Always follow the specific instructions provided by your dental provider. If you experience severe pain, excessive bleeding, signs of infection, or have concerns about your recovery, contact our office immediately or seek emergency medical care.