PURE SMILE

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(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

After your dental implant or bone graft

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- Some discomfort, swelling and bruising in the area.
- The tissues start to heal over days to weeks.
- The bone fuses to the implant over several months. Meanwhile, you may wear a temporary tooth, bridge or denture.

The first few days

- Do not eat until the anesthesia wears off, so you do not bite your cheek, lip or tongue.
- Rest: no strenuous exercise for the first few days.
- If there is light bleeding, bite gently on clean gauze.
- Put ice on your cheek on and off for the first 48 hours.
- For the first few days: no straws and no forceful spitting.
- Do not smoke: tobacco slows healing and can put the implant at risk.

What to eat

- Soft foods, cold foods or lukewarm soup while you heal.
- Do not chew on the implant or the graft until we tell you it is OK.

Oral hygiene

- Brush with a soft brush, gently around the area.
- Use the rinse and clean the area as we showed you.
- If you have a temporary, wear it and clean it as we explained.

For discomfort

- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions. If we prescribed a medication, take it exactly as directed.

Call us if...

- Pain is severe or gets worse instead of better.
- Bleeding is heavy or will not stop.
- Swelling increases after the third day, or you have a fever.
- The implant, the temporary or a screw feels loose.

Call 911 or go to a hospital emergency room if you have trouble breathing or swallowing, heavy bleeding that will not stop, or swelling that spreads to your face or neck or comes with a high fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American Association of Oral and Maxillofacial Surgeons (AAOMS). It does not replace your dentist's instructions.