PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · IMPLANTS

CARE AFTER DENTAL IMPLANT SURGERY

Post-surgery care so your implant bonds well with the bone and the area heals properly.

1 GAUZE AND BLEEDING

- **Firm pressure:** Keep the gauze pressed firmly on the surgical area for **30 to 45 minutes**.
- **If light bleeding continues:** Replace the gauze with a clean one. Do not spit forcefully, so you do not dislodge the blood clot that is forming.

2 ICE AND SWELLING

- **Cold on your cheek:** Place a cold pack or ice wrapped in a cloth on the cheek on the surgery side, **15 minutes on and 15 minutes off**, during the hours after treatment.

3 EATING AND HABITS

- **Diet:** Eat only soft, lukewarm foods for the first few days.
- **For 5 to 7 days:** Do not use straws and avoid strenuous exercise, to protect the bond between the implant and the bone.
- **Habits:** Do not smoke: smoking slows healing and implant integration.

4 HYGIENE AND SPECIAL CARE

- **Hands off:** Do not touch the implant area with your fingers or tongue.
- **Brushing:** From the next day you can brush the rest of your teeth as usual. Use the gentle mouthwash we prescribed, without forceful swishing.

5 CHECKUPS AND FOLLOW-UP

- **Follow-up visit:** You have a follow-up visit at PureSmile Miami in one week to check your gums and remove the stitches.

QUESTIONS ABOUT YOUR RECOVERY?

We are here to support you. Call us at **(305) 787-3642** about any unusual discomfort or urgent question.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-dental-implants

Patient Care Team
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