

Implant Post-Operative Instructions

1. Bite on gauze for 30 minutes to 1 hour after your procedure

- If gauze was placed over the implant site, hold firm pressure on the gauze for 30 minutes to an hour after your procedure.
- A small amount of blood or blood-tinged saliva is normal during the first several hours, but if bleeding is heavy or does not stop with firm pressure, please contact our office.

2. Eat soft nutritious foods

- Do not chew directly over the implant site. Please chew on the opposite side of the implant site.
- Avoid foods that are spicy, acidic, hard, crunchy, sticky, or chewy because they can irritate the surgical site.
- Avoid very hot foods and beverages until your numbness wears off.
- Avoid using straws for 1 week after your procedure.

3. Manage pain and swelling

- Take your pain medication and any other medications (such as antibiotics) as prescribed.
- Swelling and bruising may occur following your procedure. Apply an ice pack to the side of your face for 20 minutes on and 20 minutes off for the first 24 hours following your procedure.

4. Brush your teeth the next day and start warm saltwater rinses after meals

- The day after surgery, brush your teeth gently and avoid the implant site.
- Gently rinse after meals with warm saltwater (1/2 teaspoon of salt in 8oz of warm water) starting the day after your procedure.
- If sutures are present (which are dissolvable), avoid pulling on them or disturbing them.
- Do not chew directly on or disturb any healing abutments (a shiny implant “cap” that protrudes out of your gums).

5. Rest and limit activity

- Keep your head elevated on 2-3 pillows when resting or sleeping for the first 2-3 days.
- Avoid strenuous exercise, heavy lifting, and activities that significantly increase your heart rate or blood pressure for the first 48-72 hours, or as directed by your surgeon. Please note that an increased heart rate can increase swelling, bleeding, and pain.

6. Avoid smoking, vaping, marijuana, and drinking alcohol.

- Do not smoke, vape, or use marijuana for at least one week during your recovery. Smoking, vaping, and the use of marijuana can interfere with healing and increase the risk of complications.
- Do not drink alcohol while taking prescription pain medications or antibiotics.

7. If bone graft was placed

- It is common to notice small bone particles (which feel like grains of sand) over the course of the next few days following your procedure.

8. Please contact our office if you experience:

- **If your healing abutment becomes loose, falls out, or feels different, call our office the same day.**
- **Pain or swelling gets worse, fever, chills, pus, or excessive bleeding that won't stop.**

Office: (404) 378-2331

**Call 911 and head to the nearest emergency room if you experience:
Difficulty breathing, swallowing, or an allergic reaction (swelling of the mouth, tongue, or throat).**

Thank you for allowing us to care for you! We wish you a smooth and speedy recovery!

These instructions are general guidelines. We may give you additional or different instructions based on your specific procedure and needs.