



# After Dental Implant Placement Home Instructions

## **Bleeding**

It is normal to experience some bleeding after the placement of dental implants. You can control excess bleeding by placing a gauze pad over the wound and biting down for 30 minutes. You should also avoid rinsing, spitting, or touching the area on the day of the surgery. Please call our office if bleeding continues.

## **Swelling**

You may experience some swelling after this surgery. Swelling can be controlled by applying an ice bag or towel filled with ice to your cheek over the surgical site. This should be done throughout the next 36 hours as much as possible.

## **Diet**

Drink a lot of fluids, avoiding those which are hot. You should eat soft foods on the day of the implant placement. Unless you have been advised otherwise, you can resume your normal diet as soon as you feel able.

## **Pain**

Once the local anesthetic begins to wear off, you should start to take pain medication. For moderate pain, we recommend 1-2 Tylenol or Extra Strength Tylenol every 3-4 hours. As an alternative to Tylenol, you can take 2-3 Ibuprofen (Motrin or Advil) every 3-4 hours. For cases of more severe pain, take prescription medication as directed. Do not take the above medication if you are allergic or have been advised otherwise.

## **Antibiotics**

We may prescribe antibiotics to fight off infection. Please take as directed for the recommended length of time, even if you no longer show signs of infection.

## **Oral Hygiene**

Practicing good oral hygiene is essential for healing. You should use the prescribed Peridex Oral Rinse



the evening after the surgery and then twice a day afterwards. Peridex should be used after breakfast and before bed, rinsed in your mouth for at least 30 seconds before you spit it out. You should also use warm salt water rinses (a teaspoon of salt in one cup of warm water) after meals for at least 4-5 times a day. Don't forget to brush and floss your teeth, being careful around the surgical site.

### **Activity**

Limit physical activity after the surgery because it can cause bleeding. You may also feel too weak to exercise anyways due to a limited diet. When you do begin to exercise again, discontinue if you experience throbbing or bleeding from the surgical site.

### **Wearing Your Prosthesis**

As was discussed in the pre-operative consultation, do not wear flippers or full/partial dentures until it has been at least 10 days after the surgery.