



IMPLANT (AFTER SURGICAL PLACEMENT)

After implants have been placed, it's important to follow these recommendations during the healing period.

Avoid chewing until the numbness from the anesthetic has completely worn off.

If we place any temporary restorations, avoid chewing for at least one half hour to allow the temporary cement to set.

Take antibiotics or other medications only as directed.

To control minor bleeding after the surgery apply moderate pressure with gauze pads or a clean, moist tea bag wrapped in a gauze pad.

To reduce discomfort or swelling, for several days after surgery, use as needed ice packs.

It is normal for your gums to be sore and swollen for several days.

Beginning 24 hours after surgery, rinse your mouth 3 times a day for two weeks with warm salt water. Use about 1 teaspoon. of salt per glass of warm water. Swish very gently so you don't disturb the implant site.

Limit your diet to soft foods like yogurt, cottage cheese, soups, soft-cooked eggs, and ground meat for the first several weeks.

Do not chew hard, crusty foods. Also avoid very hot or spicy foods until your gums are healed.

Brush and floss very gently. We recommend that you clean the implant site(s) carefully with gauze or cotton swab.

If we have recommended a mouth rinse, use it as directed.

Do not smoke or use any tobacco products until the healing is complete. Using tobacco significantly increases the risk that the implant may loosen up and fail to bond with the surrounding bone. Resulting in the loss of the implant.

If you usually wear removable appliances, such as dentures or partial dentures, we may advise you not to wear them while the implant site(s) heal.

Call us if the top of the implant(s) gradually show through the gum. This is usually not a problem, but we should check it out.

Call our office if you have a persistent numbness, bleeding, or discomfort or if you have any other concerns.