



## Post-Operative Instructions

### Dental Implants

#### **Swelling**

Swelling of the face or mild bruising of the skin after a surgery can be normal. Please apply an ice pack (or frozen peas etc.) on the area for the first 48 hours to control the swelling as much as possible (20 minutes on and 20 minutes off or alternating if both sides of the face have had surgery). It is normal for the swelling to peak within the first couple of days and it should subside gradually. Please call the office if the swelling reoccurs after a few days as this may indicate the possibility of an infection and should be addressed.

#### **Bleeding**

Implant surgery might elicit minor bleeding. Gentle pressure to the area is usually sufficient to control any bleeding. Please call the office for more serious bleeding. Do not spit or rinse for the first 48 hours.

#### **Diet**

Please eat a light diet on the side which has not had surgery for the first couple of days. Avoid eating on the side of the mouth that has had the implants.

#### **Medication**

Please take your medication (pain control and/or antibiotics) as prescribed on the vials. Pain control medications are preferably started before the freezing wears off for greater comfort.

#### **Dentures**

Avoid wearing dentures on the areas that have had implants placed as this might interfere with normal healing and integration process. Your existing denture may need to be relined.



## **Hygiene**

Good oral hygiene is important and may impact the healing of the implanted area. Brush areas not involved with the new implant(s) as usual. Also, rinse twice a day with the mouthwash provided at the office, Oro-X (Chlorhexidine mouthwash) or salt water. You can resume gentle brushing of the surgical areas after your next follow up appointment and in accordance with your dentist.

## **Stitches**

Stitches are usually dissolving and it is not uncommon to start falling out after a few days.

## **Physical activity**

On average, physical activity can be resumed once the bleeding has completely stopped, usually after the first 48 to 72 hours.

## **Questions**

Please do not hesitate to call the office for any question, we are glad to help.  
514.277.7737

