



Post-Operative Instructions: Implant Placement

Please adhere to the following instructions to expedite your healing process and avoid any unnecessary discomfort or inconvenience:

Bleeding Control

- **Mild Bleeding/Oozing:** Some minor bleeding is expected after implant surgery. It will usually subside quickly and stop within an hour or two. A little oozing is normal and may persist for several hours. Upper implants may occasionally trigger some bleeding from the nose, which is normal and will stop quickly.
- **Apply Pressure:** Place a new, damp piece of gauze over the site and apply gentle but firm pressure for 30 minutes to 1 hour. If bleeding persists, replace with new gauze and apply pressure for another hour.
- **Tea Bag Method:** If bleeding continues after the third attempt, use a moistened tea bag instead of gauze. The tannic acid in tea helps to form a clot and stop the bleeding. Plus, it's a delicious way to stop bleeding!

Diet and Eating

- **Avoid Eating Until Anesthetic Wears Off:** For the first 24 hours, do not drink anything hot, carbonated, or alcoholic, and avoid spicy or hot foods. Your first meal should be small with 2-3 glasses of water. Soft foods are best and avoid chewing on the implant site to allow it to heal and integrate.

Medications

- **Pain Management:**
 - Take 400 mg of ibuprofen every 4 hours. Ibuprofen is an anti-inflammatory medication that helps reduce pain and swelling.
 - Take 500 mg of acetaminophen every 4 hours, but stagger the dosage with ibuprofen. This means you should take ibuprofen and acetaminophen two hours apart from each other to maintain a consistent level of pain relief.

Example Schedule:

8:00 AM: Take 400 mg of ibuprofen

10:00 AM: Take 500 mg of acetaminophen

12:00 PM: Take 400 mg of ibuprofen

2:00 PM: Take 500 mg of acetaminophen

4:00 PM: Take 400 mg of ibuprofen

6:00 PM: Take 500 mg of acetaminophen

8:00 PM: Take 400 mg of ibuprofen

10:00 PM: Take 500 mg of acetaminophen

- **Antibiotics:**
 - Continue taking any previously prescribed pre-med antibiotics until the entire course is completed.



Swelling

- **Ice Pack:** Use an ice pack on the side of your face where the implant was placed. Repeat every 30 minutes for the first 24 hours to reduce swelling. Swelling may increase for the first 24 to 48 hours before it starts to go down and may last for several days to one week. Some bruising may also develop.
- **Moist Heat:** On the third day, switch to moist heat instead of ice packs to reduce swelling faster.
- **Elevate Head:** Sleep with your head elevated slightly above the heart to keep swelling down.

Avoiding Tobacco and Certain Actions

- **No Smoking or Tobacco Use:** Do not smoke or use tobacco for 72 hours following the procedure. Smoking slows down the healing process and can result in incomplete healing or infection. If you struggle to stop smoking, please ask us for additional information on how to manage.
- **Avoid Spitting and Straws:** Do not spit, suck through a straw, or suck on candies or lozenges as these actions could disrupt the implant site and increase the risk of infection.

Rest and Activity

- **Rest:** Limit your activity for the first 24 hours and elevate your head when lying down.

Oral Hygiene

- **Careful Brushing and Flossing:** Maintain good oral hygiene, but avoid the surgical site while brushing and flossing for at least the first 48 hours or longer if instructed by the doctor. Do not use a Waterpik or other water flossing device near the implant site until approved by the doctor.
- **Rinsing:** After the first 24 hours, gently rinse with warm salt water (1 teaspoon of salt per 1 cup of water) especially after meals to help reduce swelling and prevent contamination of the site. Use prescription rinses if directed.

Healing Abutment (Cap)

- **Avoid Chewing with Abutment:** If a healing abutment (cap) was placed, do not go out of your way to chew with it. Chewing on the healing abutment can disrupt the healing process and affect the stability of the implant.



Sutures

- **Avoid Touching:** Avoid touching or playing with sutures. They help keep the surgical site closed and prevent bleeding. Do not be alarmed if a suture knot falls out; some sutures dissolve on their own, while others require removal by the doctor.

Discomfort and Sensitivity

- **Surrounding Teeth and Gums:** It is normal for the surrounding teeth and gums to feel sensitive or sore. This should subside in a few days. If the pain is severe, please call our office for further evaluation.

When to Contact Our Office

Please call our office if:

- **Persistent Bleeding:** If persistent bleeding occurs such that your mouth is filling up with blood and you are unable to stop it by biting on gauze or a black tea bag.
- **Nausea or Vomiting:** If you are experiencing nausea and/or vomiting for more than 24 hours after implant placement.
- **Severe Pain or Swelling:** If you have severe pain or swelling.
- **Prolonged Numbness:** If numbness persists in the lower lip, chin, and/or tongue for more than 24 hours.
- **Allergic Reactions:** If you have an allergic reaction to any prescribed medication.

If you have any additional questions or concerns, please reach out to our office. We are here to support your recovery and ensure you have the information you need for effective healing.