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Dental Implant Post-Operative Care

Bleeding

Minimal bleeding is expected after implant surgery. Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of **damp** gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Suture material may last 2 to 3 days and should be left alone. You will be asked to return to the office for a 2 week follow-up appointment. Any sutures remaining at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself.

Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the cheek.

Diet

A soft diet is advised for the next two days. Drink cold fluids, such as water and juice, and avoid hot liquids for 24 hours.

Activity & Healing

For the first 48 hours you should rest and relax with no physical activity. After 48 hours, you may resume activity as tolerated. Bad breath is common and will disappear as healing occurs. Two to three days following surgery, white, possible hard tissue may be seen in the surgical site. This signifies normal, healing tissue. It's not unusual to see the silver healing cap appear through gum tissue following procedure.

Medication

Following dental surgery it is normal to experience some discomfort. If you have any pain, take two Tylenol, or Advil, every six hours. If medication has been prescribed, take as instructed.

Please note the following:

- All medications may produce allergic reactions and/or side effects.
- Narcotics may impede driving, using machinery and mental alertness.
- Antibiotics may negate birth control medications. Use alternative methods.