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(P): 215-698-2710

Instructions for Patients After Dental Implants

Please find some guidelines below that will help ensure a successful outcome with your dental implant therapy. If you have any additional questions, please don't hesitate to ask.

- 1. Control of bleeding:** Slight bleeding is normal following implant surgery and it may persist until the next day. Immediately after surgery, use mild pressure with moist gauze over the surgical site for the next two hours. DO NOT rinse or spit. Later, if bleeding becomes a problem, apply moist gauze with pressure for 15 minutes (time it) and repeat if necessary.
- 2. Mouthcare:** You can gently rinse the day of the surgery. In order to promote healing and maintain cleanliness, the Chlorhexidine/Peridex rinse should be used at least twice a day at morning and evening (2 to 3 times a day). For added comfort, you may gently rinse your mouth with warm salt water (teaspoon salt in cup of warm water). Avoid commercial mouthwashes and gently brush and floss the rest of your mouth as usual.
- 3. Pain:** Following surgery, it is normal to experience some discomfort. In most cases, 600mg ibuprofen taken every 6-8 hours will control the pain and inflammation.
- 4. Swelling:** Swelling of the jaw and face often follows oral surgery. To minimize swelling, apply an ice bag 20 minutes on and 20 minutes off the day of the surgery. Difficulty in opening your mouth should resolve as inflammation decreases.
- 5. Diet:** Food and fluid intake is important. Chewing may be difficult at first so start with soft foods and nourishing liquids. Slowly add in harder foods as healing continues.
- 6. Avoid:** Hot food and beverages and strenuous activity the day of the surgery. This can re-initiate bleeding. Avoid alcohol and smoking until healing is well established.
- 7. Sutures:** If sutures were used, most of the time they are resorbable and will dissolve in 7-10 days.
- 8. Complications:** Call our office 215-698-2710 during normal hours or your local emergency room after hours in case of severe bleeding, pain, continued swelling or a reaction to medications.