

FLETCHER HILLS DENTAL IMPLANT & ORAL SURGERY CENTER

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POST OPERATIVE HOME CARE INSTRUCTIONS
PLEASE READ

IMPLANT

DO NOT CHEW ON IMPLANT FOR 4 MONTHS

Swelling/Bleeding: After placement of dental implants, some degree of bruising and/or swelling is to be expected. Maximum swelling occurs within 48 hours following surgery and may last for several days. Apply ice packs to the outside of your cheeks every 15 to 20 minutes for the first 24 hours.

Blood in your saliva is normal for the first day or two. Place pressure on the area with the gauze provided in your post op pack, or use a moist tea bag and gently apply pressure for 10-15 minutes. If bleeding continues or is heavy, please call our office.

If you are having upper implants placed, it is not unusual to have a nosebleed within the first few days following surgery. Should this occur, pack nostrils with the gauze provided, and relax with your head elevated. The bleeding should stop shortly.

Brushing/Rinsing: Brush your teeth as usual, keeping your mouth as clean as possible throughout your recovery. Avoid touching the bristles of your toothbrush to the area of surgery. Avoid water picks and electric toothbrushes for 2 weeks following surgery. Do not allow vibrating toothbrushes such as Sonicare to touch the implant at all for 4 months. The vibration will cause the implant to fail. The day after surgery, rinse with warm salt water twice a day. Avoid vigorous rinsing. If a prescription rinse has been ordered, use as directed.

Leave partials or denture(s) out unless otherwise instructed or until the doctor reinserts it for you.

Full Denture Patients: For the first few months following surgery, you will need to be on a soft diet where the implants were placed. Foods such as pudding, applesauce, scrambled eggs, soft flaky fish, pasta and casseroles are recommended. The soft diet can last as long as 4 months. Your surgeon will advise you regarding how long you need to continue the soft diet.

Partial Denture Patients: Chew foods only in the areas where you have natural teeth remaining. Do not chew hard food in the area of your implants for the entire 4 month healing period.