



Instructions for Care of the Dental Implant

1. ****Immediately Following Surgery.**** Bite on gauze for 30 minutes.
2. Do not touch the surgical area with your tongue or fingers.
3. **Bleeding.** It is normal for saliva to be streaked with blood for a day. If bleeding is present, fold sterile gauze into a firm wad and place it directly on the bleeding area. Maintain firm pressure for 20 minutes. The gauze may be substituted by a warm, soaked tea bag (black tea or orange pekoe). The tannic acid in tea has clotting effect. Repeat as necessary. If bleeding persists or seems profuse, contact the office or the after hours emergency line for further instructions.
4. **Pain.** It is normal to experience some pain and tenderness after an extraction. Normally, pain begins on the evening of the surgery and lasts for 2- to 3-days, becoming less noticeable with each passing day after that. A sore throat is also common due to suctioning of debris and secretions during the procedure. Some surgical site discomfort may persist for up to a week. Over-the-counter pain medication usually is sufficient. Speak with your pharmacist to ensure you are taking the correct dosage and frequency of over-the-counter pain medication.
5. **Sutures.** Sutures have been placed. They will need to be removed 2 weeks after the procedure. An appointment will be set up for you. Sometimes sutures fall out on their own. If this happens before the 2 week follow up appointment, please still come to the follow up appointment to ensure the area is healing well.
6. **Swelling and Discolouration.** Some swelling/discolouration is to be expected in certain areas, usually reaching its maximum 2-3 days after surgery. It will disappear gradually and is no cause for concern. For the first 48 hours after surgery, as needed, use a soft ice pack, pad or frozen peas, alternating for 20 minutes on, 20 minutes off. After 48 hours post surgery, as needed, use a warm compress 20 minutes on, 20 minutes off to stimulate blood flow to the area. If you experience delayed swelling 10 or more days after the surgery, please contact the office as this could be indicative of a low-grade infection and may require antibiotics.
7. **Oral Care.** On the day of the surgery, avoid brushing the implant area. Days 2 and 3, continue to brush your teeth twice daily with a soft bristled brush, avoiding the implant area. Avoid brushing or flossing directly where stitches have been placed.

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Do not start using a waterflosser (such as a Waterpik) until 12 weeks after surgery. Be extra gentle around the dental implant. If you have a non-fixed denture, remove it and rinse and clean the inside of the denture.

8. **Mouth rinsing and Spitting.** Do not rinse or spit until 48-hours after treatment. Starting in 2 days, rinse your mouth frequently with a solution of ½ teaspoon of salt in a glass of warm water. Use salt water rinses 3-4 times per day (after meals and before bed). Continue to rinse for 7-14 days.
9. **Physical Activity.** On the day of surgery, you should go home directly and rest. Exercise or physical activity will only encourage bleeding. Refrain from any heavy lifting or strenuous activity (including exercise) for the first 3-4 days after dental implant placement.
10. **Difficulty Opening Mouth Post Surgery (Trismus).** While not common, this can happen due to post-operative swelling and inflammation in the muscles around the surgical sites. It is a temporary condition and will resolve within a few weeks. Gentle massages of the jaw act like stretching and can help relieve some of the tension. If trismus persists or causes severe pain during opening of the jaw, call the office.
11. **Diet.** Avoid hot (high temperature) foods and liquids. Avoid anything spicy. Avoid crunchy and sticky foods. Consume a soft, nutrient-dense diet for about a week after the surgery.
12. **Straws.** Avoid using a straw for at least 48-hours after your surgery. This reduces the likelihood of a blood clot becoming dislodged in the early healing period.
13. **Bad taste or odor.** This can happen due to some of the bacteria present in the mouth. Routine saltwater rinses will help. Place ½ teaspoon of salt in a glass of warm water. Rinse for 10-15 seconds and spit. Repeat 3-4 times per day for one week. If it does not go away within a few days, contact the office for a prescribed mouth wash. Sometimes the sutures (stitches) can cause a bad odor or smell.
14. **Alcohol.** Avoid alcohol for the first 48 hours after implant placement.
15. **Smoking:** To decrease the chances for healing complications, do not smoke tobacco (cigarettes or cigars), cannabis, and do not vape for 7 days following surgery.
16. **Healing Abutment (metal cap/cover screw).** A healing abutment is placed on your implant, it may loosen. It is meant to come off when the implant crown is placed.

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However, if it comes loose or if it comes off, do not lose it. Call the office and we will tighten it or reattach it.

17. **Do not hesitate to contact the office if in doubt.** If you have any questions or concerns, please contact the office at (519) 245-0751. If you are experiencing a concern outside of regular office hours, please call or text our after-hours emergency line at (519) 381-2622.

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