



Post-Operative Instructions for Dental Implants

Bleeding: It is natural to have some blood mixed with your saliva for the first two or three days following surgery. If there is active bleeding, place moistened gauze over the wound and gently bite down for at least 30 minutes, replacing if needed. If bleeding remains uncontrolled, please contact our office.

Activity: Limit physical activity during the first 24-48 hours after surgery. Overexertion may lead to post-operative bleeding and discomfort.

Driving: If you were sedated, NO DRIVING the day of surgery or while taking prescription pain medication.

Smoking: It is advisable that you refrain from smoking for at least 3 days after the surgery, as this increases the risk of infection and may delay healing.

Diet: The day of your surgery, start with nourishing liquids and soft/colder foods, such as ice cream, pudding, yogurt etc. Avoid extremely hot foods, foods with sharp edges (chips, pretzels, etc.) Do not eat on implant site. You should avoid drinking alcohol. Gradually return to your normal diet as tolerated.

Pain: Unfortunately, most oral surgery is accompanied by some degree of discomfort. Tylenol or a non-steroidal anti-inflammatory (Ibuprofen, Advil, Motrin or Aleve) may be used for pain. If medication was prescribed, use it according to the directions as needed. Do NOT take any medication on an empty stomach. This should help reduce the nausea that can occur when taking pain medication.

Hygiene: In the first 24 hours after surgery, do not rinse or disturb the wound. After 24 hours you may begin your normal hygiene routine. Please avoid using an electric toothbrush over the implant site if a healing abutment is present. In addition to brushing it is helpful to gently rinse the surgical area(s) with warm salt water after meals. If your physician has prescribed a mouth rinse, you will begin using as directed beginning the day after surgery.

Dental Prosthesis: If an intermediate prosthesis was discussed at your consultation, please bring it with you the day of surgery for any adjustments it may need.

Healing abutments: Following your surgery you may notice a small round button coming through the gum tissue. This is the healing abutment which attaches to your implant. In some cases, swelling may cover the healing abutment for a few weeks until the swelling subsides. The healing abutment is temporary and will hold the gum tissue back from the implant until your dentist is ready to place the final crown. It should be cleaned daily by gently brushing over the top of it with your toothbrush.

The abutment is only tightened to finger tightness and may, on occasion, come loose or even fall out during the healing period. If this occurs please call the office (512-992-1378) and it will be tightened or replaced.

These instructions are general to implant surgeries. If you have an issue or concern that is not addressed above, please contact the office at (512) 992-1378. In the event that our office number does not ring through to the answering service, please call Medlink at (512) 660-6803. They will reach out to the physician with your concerns. You can also visit our website www.midtownomsatx.com for further information.