

After Dental Implant Surgery

Some soreness, swelling and light oozing are a normal part of healing. Taking it easy for the first couple of days gives your implant a strong start.

The first 24 hours

- Don't use a straw, spit, rinse, brush near the site or smoke.
- Keep the day light, and go back to normal activity tomorrow as you feel ready.
- Choose liquids and soft foods, and skip hot, spicy, fizzy and alcoholic drinks.
- Try not to pull your lip back to look at the site or touch it with your tongue or fingers.

Swelling and comfort

- Swelling often peaks two to three days after surgery. A cold compress for up to 20 minutes on and at least 20 minutes off helps for the first 36 hours. Keep a cloth between ice and your skin. After that, gentle moist heat feels better.
- Ibuprofen or acetaminophen as the label directs usually handles discomfort.
- Take every medicine we prescribed, including the full course of any antibiotic.

The days after

- From the second day, rinse gently with warm salt water (about half a teaspoon in an eight-ounce glass) three times a day.
- Brush and floss the rest of your mouth as usual, and stay away from the implant site with your toothbrush until we say it's OK.
- If a denture sits over the site, wear it as little as possible for the first week, then build back up gradually.
- Keep every follow-up visit so we can check how you're healing.

Call us if bleeding or discomfort is still heavy after 48 to 72 hours, or if pain and swelling are getting worse. 845-358-5110

For a serious or life-threatening emergency, call 911 or go to the nearest emergency room.

This is general advice only. Please contact your doctor directly if you need specific care instructions.

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