SMARTMOUTH DENTAL CARE
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(208) 737-5253

POST-OP INSTRUCTIONS FOR IMPLANTS

Healing following Dental Implant placement is usually fast and uncomplicated if you follow the directions below.

1. Often with Dental Implants there is very little bleeding. To control bleeding, Bite on gauze with firm pressure for 30-60 minutes or as directed, to encourage bleeding to clot. Remove the gauze and if site if still bleeding, replace with a new gauze, Repeat as necessary until heavy bleeding stops. Remember that Blood and saliva mix in the mouth and make it look like more bleeding than there actually is. The site could ooze for as long as 24-48 hours. Certain medications can make you bleed for longer periods. Elevate your head with a towel on your pillows to reduce bleeding and swelling. If you notice Swelling and bruising, Ice packs can be used, 20 minutes on-20 minutes off, for the first 24 hours.
2. If you wear or were given a removable prosthetic (Denture or Partial) we will give you specific instructions about wearing it while you heal.
3. We encourage no smoking for several months to ensure the long-term success of Dental Implants. **Absolutely no smoking or use any Tobacco Products for at least 72 hours.** Tobacco slows healing and increases the risk that you body will reject the implant(s)
4. Do not spit, suck on the wound or drink through a straw for 72 hours.
5. In most cases you will be given a rinse specially to use while healing. Start using this rinse the day after your implant is placed and rinse 2 times per day for 1 week. Do not rinse vigorously or spit, instead hold the rinse in your mouth and allow it to fall out gently. After the first week you can use warm salt water (1 tablespoon to a small glass of warm water) 2-3 times per day if necessary. Do not brush the area for 1 week or until directed. You can use a gauze or thin cloth to wipe the surrounding teeth if necessary.
6. Do not drink Alcoholic drinks (no Mouthwash unless directed), Carbonated drinks or Hot Drinks.
7. Avoid chewing until the numbness has worn off completely. For the first 48 hours chew on the opposite side and eat soft foods. Avoid spicy and crunchy foods such as chips, nuts, popcorn for 7 days.
8. Limit activities such as exercise, heavy lifting or activities that require you to bend for 48 hours.

It is normal to experience some pain for several days after surgery. If you were prescribed medications to control discomfort take it before the anesthetic has worn off, then as recommended or needed. You can also control pain with Over the Counter Ibuprofen or Tylenol. If Antibiotics were prescribed take them as directed until gone, even if symptoms and signs of infection are gone.

If **Sutures** were placed, you will be given an appointment to return. Some sutures may come out or change position while healing. This is normal.
Please feel free to call us with any questions or concerns you may have.