

Dental Implant Aftercare

- After your implant surgery, you may experience numbness from the local anesthesia. This can last for a few hours. Avoid chewing, drinking hot liquids, or biting your cheek, lip, or tongue until the numbness wears off to prevent injury.
- Mild swelling and bruising around the implant site are common after the procedure. Apply an ice pack to the outside of your cheek near the implant site for 20 minutes on, 20 minutes off, during the first 24 hours to help reduce swelling. After 24 hours, use a warm compress if you experience any discomfort.
- Some discomfort or pain after the procedure is normal. Take over-the-counter pain relievers as recommended by your dentist, or take any prescribed medications as directed.
- You can continue brushing and flossing your teeth, but avoid brushing the implant site for the first few days to allow healing. After 2–3 days, you can gently brush the area with a soft-bristled toothbrush. Be careful not to irritate the area, and avoid using mouthwash with alcohol during the initial healing period. Rinse gently with warm salt water (1/2 teaspoon of salt in 8 oz of warm water) after meals to keep the area clean and reduce inflammation.
- For the first few days, stick to soft foods that do not require chewing on the implant site (e.g., yogurt, mashed potatoes, smoothies). Avoid hard, crunchy, or sticky foods. Avoid chewing on the side of the implant as much as possible until your dentist gives you the go-ahead.
- Do not smoke or drink alcohol for at least 72 hours after the procedure, as both can interfere with healing and increase the risk of infection or implant failure.
- Rest for the first 24–48 hours after the procedure. Avoid strenuous physical activities during the healing period to allow the implant to properly integrate with the bone. Keep your head elevated, even while sleeping, to help minimize swelling.
- Some minor bleeding or oozing is common after the procedure. Bite gently on a gauze pad for 30–45 minutes after the procedure to help stop the bleeding. If bleeding persists, replace the gauze and bite down firmly. If bleeding continues for more than a few hours, contact the office.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE. A FOLLOW UP APPOINTMENT MAY BE SCHEDULED TO CHECK THE HEALING PROCESS AND OR TO REMOVE SUTURES.