



# Dental Implant

## Post Operative Instructions

### Local Anesthesia

Numbness from local anesthesia may last several hours. Avoid chewing until full sensation returns. Contact our office if numbness lasts longer than 48 hours.

### Oral Hygiene - IT IS OF THE UTMOST IMPORTANCE TO KEEP IMPLANT AREA CLEAN OF DEBRIS AND PLAQUE

- Resume gentle brushing the day after surgery
- Brush very gently around the surgical site being careful not to loosen or remove the stitches
  - Use only an extra soft tooth brush at the implant site
- Starting day after stitches are removed: Carefully brush in a circular motion the head of the healing abutment. Keep clean with circular scrubbing motion
- Do not pull lips or cheeks to look at the implant
- If provided an irrigating syringe, begin use on day 5 as instructed

### Bleeding

- Bite gently on gauze for 30 to 60 minutes after surgery
- Change gauze as needed and always moisten it before placing
- Avoid spitting, rinsing, or suction
- Sleep with your head elevated and place a towel on your pillow

Heavy bleeding that does not slow after 90 minutes is not normal. Call the office.

### Swelling and Bruising

- Apply ice packs for 15 minutes on and 15 minutes off for the first 6 hours
- Swelling and bruising are temporary and expected
- Bruising may appear and move downward over several days

### Pain Management

Take all prescribed medications exactly as directed.

- Begin pain medication before numbness wears off
- Ibuprofen 400 to 800 mg every 6 hours is recommended unless contraindicated
- Acetaminophen up to 1,000 mg every 6 hours may be used if ibuprofen is not allowed

## **Diet**

### **First 48 hours**

- Liquids and very soft foods only
- Avoid hot, spicy, crunchy, acidic, or hard foods

### **Days 3 to 7**

- Soft foods requiring minimal chewing
- Avoid chewing on the implant side

Most patients may return to a normal diet after 7 days unless instructed otherwise.

## **Important DO NOTs**

For the first 24 hours:

- DO NOT rinse, spit, or use a straw
- DO NOT smoke or use nicotine products for at least 5 days
- DO NOT drink alcohol
- DO NOT exercise or lift heavy objects
- DO NOT touch, press, or disturb the implant site

## **Other Important Information**

- If you usually wear a removable dental device that replaces missing teeth and rests on the surgical area, check with your dentist before starting to wear it again after surgery
- It is important not to put any pressure on the surgery site
- You may feel sharp edges near your surgical site, occasionally small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, or implant material, but if they are bothersome we can remove them

## **What to Expect**

Mild to moderate discomfort, swelling, and bruising are normal after implant placement. Swelling typically peaks 2 to 3 days after surgery and then gradually improves. Minor bleeding or oozing during the first 24 hours is normal.

If you feel that your symptoms warrant a physician, and you are unable to reach Dr. Aaron Horsley-Teny, please go to the closest hospital emergency room immediately. Please call our office (469) 812-7100 if you have any questions or difficulties. If it is after hours, follow the prompts to be connected to our answering service. Examples:

- Puss - This is not normal and needs to be addressed ASAP
- Foul odor - This is not normal and needs to be addressed ASAP
- Area feels "warm": This is not normal and needs to be addressed ASAP