Homecare–
After Implant Surgery

After implants have been placed, it's important to follow these recommendations during the healing period:

General care

To control minor bleeding after surgery, apply moderate pressure with gauze pads or a clean, moist tea bag wrapped in a gauze pad.

If you usually wear removable appliances, such as dentures or partial dentures, we may advise you not to wear them while the implant sites heal.

Avoid chewing until numbness wears off
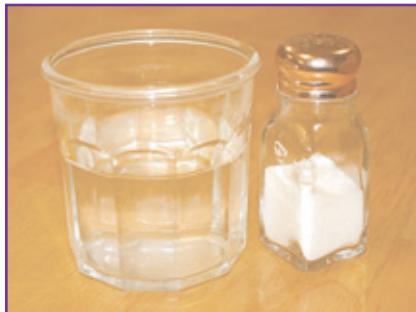
Rinse with warm salt water

Avoid tobacco products

Medication and discomfort

Take antibiotics or other medications only as directed.

To reduce discomfort or swelling for several days after surgery, use ice packs. It's normal for your gums to be sore and swollen for several days.

Beginning 24 hours after surgery, rinse your mouth three times a day for two weeks with warm salt water. Use about one teaspoon of salt per glass of warm water. Swish very gently so you don't disturb the implant sites.

Chewing and eating

Avoid chewing until the numbness from the anesthetic has completely worn off. If we placed any temporary restorations, avoid chewing for at least one half-hour to allow the temporary cement to set.

Limit your diet to soft foods like yogurt, cottage cheese, soups, soft-cooked eggs, and ground meat for the first several months after surgery. Do not chew hard, crusty foods. Also avoid very hot or spicy foods until your gums are healed.

Brushing and flossing

Brush and floss very gently. We may recommend that you clean implant sites carefully with gauze or a cotton swab. If we have recommended a mouth rinse, use it as directed.

About tobacco

Do not smoke or use any tobacco products until healing is complete. Using tobacco increases the risk that your body will reject the implants.

When to call us

Call us if the tops of the implants gradually show through the gum. This is usually not a problem, but we should check it.

Call our office if you have persistent numbness, bleeding, or discomfort or if you have any other concerns.