



Post-operative Instructions for Implants

A dental implant has been placed in your mouth. The implant may be located above or below the tissue. This type of implant has been selected for your particular situation because of the bone available to place an implant. The implant will usually take a period of one to four months to heal; depending upon your body's healing properties and the type of implant surgery.

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects. If you experience any complications, please call our office (630) 553-7073.

Immediate Postoperative Care: Care should be taken in the immediate postoperative period to minimize contact with the implant. Aside from normal hygiene, it is best to completely leave the implant area alone for the first 2 weeks after placement. You may want to limit foods to softer items and chew in an area away from the implant during the 10-12 week integration stage. **Spitting, the use of a straw, smoking, and poking can dislodge the blood clot that is forming, and will cause bleeding from the area. Also, smoking can increase the chances of an infection.**

Bleeding: Minimal bleeding is expected after implant surgery. Bleeding after surgery may continue for several hours. The best way to stop bleeding is to fold 2 pieces of **damp** gauze over the extraction site and gently bite for 30-60 minutes making sure pressure is being applied to the extraction site. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes. Bleeding should always be evaluated by looking directly at the surgical site. Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem. Suture material may last 2-3 days and should be left alone.

Swelling: Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. Swelling may be minimized by the immediate use of ice packs. Apply ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours. After 48 hours, begin use of a warm, moist compress to the area. Eating: You may eat soft foods as soon as the anesthetic wears off. Try not to chew directly on the surgical site. You may resume a regular diet as soon as you feel up to it. Avoid hot liquids for the first 48 hours. It is important to stay well nourished, and well hydrated, you will heal faster.

Oral Hygiene: You may brush your teeth, avoiding the surgical site and be mindful of the stitches. Be gentle, and do not spit or rinse forcefully.

Medications: You will be given one or more prescriptions for medications. Take all the medications with a full glass of water, and as directed on the bottle. If an antibiotic is given it should be taken until the bottle is empty. The pain medication should be taken as necessary. Call us at (630) 553-7073 if you experience severe nausea, or diarrhea, or cannot swallow your pills.