

Post-Surgical Care Instructions for Implants

RECOVERY

Rest with your head elevated when you arrive at home after the procedure. We ask that you please limit your physical activity and keep moving to a minimum for the first 24 hours.

ICE APPLICATION

For the first 4-5 hours after the surgery, we recommend placing an ice bag on your face in 20-minute intervals. This will help reduce facial swelling. If needed, you can use an ice bag for 24-hours.

DO NOT DRINK ALCOHOL OR SMOKE OR VAPE FOR 7 DAYS

MEDICATION INSTRUCTIONS

Please take anti-inflammatory medications (Ibuprofen) to prevent inflammation, swelling, and pain. For the next 4-5 days, we suggest taking 400mg-800mg of Ibuprofen every six hours to reduce swelling and pain and quicken healing. DO NOT take more than 2400mg in a 24-hour period. If you experience excessive pain or discomfort, please call our office. If you've been prescribed an antibiotic, please take as directed. We ask that you finish the entire dosage. If any of the medications are causing you extreme nausea, itching, or a rash; discontinue its use and call our office immediately.

IF YOU EXPERIENCE BLEEDING

For the next few days following your surgery, some minor oozing may occur and is no cause for alarm. Gently rinse your mouth out with iced water or iced tea (tea contains tannic acid which can help stop the bleeding). We ask that you refrain from smoking and drinking alcohol as these activities will interfere with blood clotting and healing of the implant. If your bleeding continues, apply pressure to the implant site by pinching the area with a moistened piece of gauze for 20 minutes. If your bleeding is moderate to heavy and has continued for a few hours without stopping, please call our office immediately.

EATING GUIDELINES

When you arrive home after surgery, you may have something very soft to eat or cold to drink. In the evening on the day of your surgery, we recommend eating a soft, bland meal as this is usually the best way to help you feel better. For the first week, please do not eat anything hard or crunchy. Remember, you are to avoid chewing on the side with the dental implant for 8 weeks.

CARING FOR YOUR MOUTH

We strongly request that you continue your regular oral hygiene habits on all other areas of your mouth. Please use an antiseptic mouthwash at least once in the morning and once at night before bed until your next appointment with our office. You can also swab the dental implant area with a cotton swab dipped in an antiseptic mouthwash every morning, every night before bed, and after eating and drinking. Please do not brush or floss the dental implant area for the 1st week after surgery as this will hinder the healing process. Also for the next month, please DO NOT use an irrigation tool, such as a Water Pick.

POST-IMPLANT CARE

Although proper oral hygiene is always recommended for maintaining good dental health, it is especially important when a patient has received a dental implant. Bacteria can attack sensitive areas in the mouth when teeth and gums are not properly cleaned, thus causing gums to swell and jawbones to gradually recede. Recession of the jawbone will weaken implants and eventually make it necessary for the implant to be removed. Patients are advised to visit their dentists at least twice a year to ensure the health of their teeth and implants. Dental implants can last for decades when given proper care.

If you have any questions or concerns, please call our office at 815-459-1214

Implant Care and Maintenance

There are only two ways an implant can lose attachment to the bone and fail once it has successfully fused: poor oral hygiene or excessive biting forces. Poor oral hygiene and/or a lack of regular cleanings can lead to a destructive bacterial infection called peri-implantitis. Flossing and brushing your teeth on a daily basis, along with regular professional cleanings, can prevent this. Excessive biting forces can come from either a habit of clenching or grinding your teeth, or an insufficient number of implants to handle the forces generated by your bite. You should receive the correct number of implants so this does not happen. And if you have a habit of grinding or clenching your teeth, a nightguard will be recommended to protect your implants. After all, implants are a long-term investment in your smile, your health and your well-being, so it's best to protect your investment.