

Dental implant surgery post-operative care

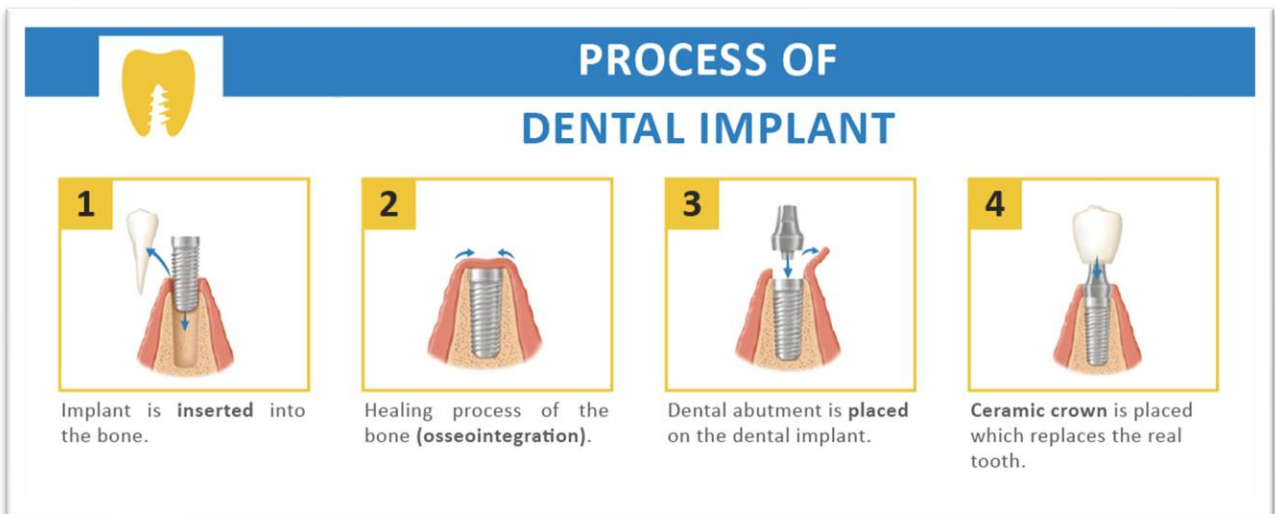
Following dental implant surgery, be sure not to disturb the surgical area. You should avoid spitting, rinsing or touching the wound within the first 24 hour period. Often, there will be an abutment protruding through your gum tissue.



In order to ensure your implant heals properly and is successful, please adhere to the following:

- Diet – Be sure to drink plenty of fluids immediately following your procedure and continue to do so while you are healing. You should avoid hot food or liquids.
- During the first 24 hour period, you should only consume liquids and soft foods. Following the first 24 hour period, you should return to a normal diet, unless otherwise instructed.
- Avoid chewing directly where the implant was placed until your post-operative follow-up appointment. In order to prevent infection, we may prescribe antibiotics, and it is important that you take them as directed.
- Oral hygiene – During the first 24 hour period, do not spit or rinse as this can disturb the blood clot and may open the wound, prolonging the healing process.
- After the first 24 hour period, you can rinse with ½ teaspoon of salt in a cup of warm water at least 4-5 times a day, especially before bed and after meals.
- Do not use regular mouthwash.

- Do not brush your teeth near the surgical site for 48 hours.
- Be very gentle when brushing or when coughing.
- Smoking- Avoid smoking for at least 2 weeks following surgery
- Prosthetics and Night Guards – Until your post-operative appointment, you should not use flippers, partial dentures or full dentures unless instructed by Dr. Jess.
- Other considerations – You should not be stretching your lip to inspect the dental implant area. You will notice that gum is covering the area; this is important so that your implant can heal properly. There may be a healing cap placed over your implant. Be sure not to eat or chew on the healing cap. This can cause the implant to move and could cause implant failure.
- Follow-up appointment – Will be scheduled as per Dr. Jess and case dependant following the surgery and may require additional appointments.



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