

POST-OPERATIVE INSTRUCTIONS

After Dental Implant Placement

Protecting the site while the implant integrates

Over the next several weeks the implant fuses with your bone (osseointegration). Gentle care and a steady, undisturbed site give it the best chance to heal strong. Expect mild swelling, bruising, and tenderness for a few days.

✓ Do

- ✓ Bite gently on gauze over the site if it oozes; light bleeding the first day is normal.
- ✓ Use an ice pack on the cheek, 15 on / 15 off, for the first 24–48 hours.
- ✓ Eat soft, cool foods and chew on the opposite side.
- ✓ After 24 hours, rinse gently with warm salt water; use any prescribed chlorhexidine rinse as directed.
- ✓ Keep the rest of your mouth clean — brush normally, just avoid the surgical site at first.
- ✓ Take pain medication and antibiotics exactly as prescribed, and finish the full course.

✗ Avoid

- ✗ Don't touch, push, or suck on the implant or healing cap.
- ✗ No vigorous rinsing, spitting, or straws for the first 24 hours.
- ✗ No smoking or vaping — it directly interferes with implant healing.
- ✗ Avoid strenuous activity for a few days.
- ✗ Skip hard, crunchy, sticky, or very hot foods while you heal.

📞 Call us if...

Bleeding won't stop · pain or swelling worsens after day 3 instead of improving · you have a fever or signs of infection · the healing cap feels loose or comes off · the implant feels like it's moving.