



## **HOME CARE AFTER IMPLANTS**

1. The initial healing period after an implant is 1-2 weeks and you'll likely experience some swelling for the first 24 hours. If you notice any signs of infection (redness, puss, large swellings which starts 2-3 days after surgery), contact our office or your physician.
2. Before the procedure, you were given an anesthetic to ensure your comfort. This anesthetic typically leaves your lips, teeth and tongue feeling numb. For this reason, **avoid chewing until the numbness has completely worn off.**
3. **Pain.** Some discomfort after your procedure is normal. An over-the-counter pain reliever, such as ibuprofen or acetaminophen is usually sufficient. You can also decrease pain and swelling by applying an ice pack - 20 minutes on, 20 minutes off - for the first two hours following the procedure. Do not use heat pad as that can promote infection.
4. **Smoking.** Smoking should be avoided or reduced as much as possible. If you can get it under 10 cigarettes per day that will help your healing and improve the prognosis of the implant.
5. **Rest.** Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.
6. **Diet.** Because nourishment is important to the healing process, eat once the numbness has worn off. You may have to eat soft foods due to soreness. Keep up your fluids; drink eight large glasses of water or fruit juice each day. You should avoid chewing on the implant as much as possible, especially for the first 2 weeks. If you have several implants, a soft diet is recommended.



**7. Bleeding.** Some slight bleeding following implant surgery is typical. This may mix with saliva and be noticed on your pillow in the morning or when you are brushing your teeth. If you have some bleeding, put gentle but firm pressure on the area by biting on gauze or a tea bag. Hold the pressure for 20-30 min. While some bleeding or oozing is expected, call our office if bleeding persists or increases.

**8. Silver 'posts' or abutments in your mouth.** Often, we will place these metal caps on top of the implants. After initial healing (2 weeks), you can gently brush around these as you would a normal tooth. Also, you can begin to chew on these caps after a couple of months of healing.

**9. When to return.** Generally, come back to the clinic 2 weeks after surgery to get your stitches removed. The implants will heal for 3-6 months then you are ready for your final restorations!

**10. After Hours Care.** If you are experiencing an emergency please call our after hours line at (262) 676-2495.