

Dental Implant Post-Operative Information

General Care:

To control minor bleeding, apply moderate pressure with gauze pads. Limit yourself to calm activities for the first 3-5 days to keep blood pressure stable and reduce bleeding. If you usually wear a removable partial or denture, we will give you specific instructions about wearing it while your implant heals.

Tobacco Use:

Do not use tobacco for at least 24 hours, and avoid tobacco as much as possible for several months. Tobacco slows healing and increases the risk that your body will reject the implant. It is the leading cause of implant failure.

Chewing & Eating:

Avoid chewing until the numbness has completely worn off. If we placed a temporary restoration, avoid chewing for a half hour while the temporary cement sets.

For the first 24 hours, drink lots of liquids and eat soft foods, chewing on the opposite side of your mouth.

After the first 24 hours, you can return to your normal diet, but continue to chew on the opposite side of your mouth.

Avoid very hot or spicy foods until your gums are healed. We will evaluate your situation to determine how soon you can chew on the implant.

Brushing & Flossing:

For the first 2 weeks, gently wipe the implant site with gauze or a Q-tip. After that, brush the area gently with a soft toothbrush. Don't floss the site for 1 month. We will evaluate healing and adjust your brushing and flossing as necessary. Brush and floss your other teeth normally.

Medication & Discomfort:

If antibiotics or other medicines are prescribed, continue to take them for the indicated length of time even if all signs and symptoms of infection are gone. To control discomfort, take pain medication before the anesthetic has worn off, or as recommended. It's normal to experience some discomfort for several days after surgery.

To reduce discomfort or swelling for the first 24 hours following surgery, use ice packs, 20 minutes on and 20 minutes off. To reduce discomfort after the first 24 hours, use moist heat. To further reduce discomfort after the first 24 hours, you can rinse your mouth very gently 3 times a day with warm salt water. Use about 1 teaspoon of salt per glass of warm water.

Pain Medication:

The regimen for discomfort is as follows: Take 600 mg of Ibuprofen every 6 hours for 24 hours. If you feel that your tooth is extremely sensitive, you may also take 750 mg Regular Tylenol in conjunction with the Ibuprofen.

If you were prescribed pain medication, take that in conjunction with the Ibuprofen as directed.

When to Call Us:

Call us right away if you have heavy or increased bleeding, you have pain or swelling that increases or continues beyond 2 or 3 days, or you have a reaction to the medication.

Call us if the implants gradually show through the gums, so we can check them.

PLEASE CALL IN THE EVENT THERE IS SEVERE PAIN, UNUSUAL SWELLING, EXCESSIVE BLEEDING, OR ANY OTHER UNUSUAL DEVELOPMENTS.

Dr. Chris Haag cell# 402-202-8787

Dr. Justin Shirk cell# 785-871-0692