

Post-Op Instructions

Following surgery, you will be asked to bite firmly but gently on a gauze pad to stop the bleeding. You will be given a package of gauze to take home with you and place over the surgical site. You'll have to make sure to change the pads and use them until the bleeding stops completely. Sometimes biting on a moist tea bag will be prescribed as well. If bleeding persists or increases call our office right away.

If you have some discomfort after the surgery you will be given a painkiller. You can also decrease discomfort and swelling by applying an ice pack for about twenty minutes for the first six hours following surgery. You can continue applying an ice pack for as long as two days following surgery. After two days, apply moist heat to the area such as tea bag.

In order to minimize swelling and bleeding you may want to keep your head elevated for the first twenty-four to forty-eight hours after the surgery. You have to make sure you relax as much as possible and avoid all strenuous activities for as long as three days following the dental implants surgery.

You'll have to drink at least eight glasses of water or fruit juice every day and try to limit your diet to soft foods such as yogurt or soup during the first week after surgery.

You will be asked to rinse your mouth with warm saltwater solution - one teaspoon of salt in one cup of water - about three to four times a day to further disinfect the area. You have to make sure you spit carefully to avoid any complications.