

After Placement of Dental Implants

There will be sutures following your dental implant placement, and there may be a metal healing abutment protruding through the gingival (gum) tissue. Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.

- **Bleeding** – Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.
- **Swelling** – Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, a plastic bag with ice or a towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, or as much as you possibly can, for the first 36 hours.

Diet: On the day of the surgery, drink plenty of fluids and eat only soft foods. Avoid hot liquids. Return to a normal diet as soon as possible after that unless otherwise directed.

Pain: You should begin taking pain medication as soon as you feel the local anesthetic wearing off. The recommended regimen for pain is:

1 Extra Strength Tylenol (500mg) with 2-3 Ibuprofen (400-600mg) every 6-8 hours, as needed.

DO NOT TAKE ANY OF THE MENTIONED MEDICATION IF YOU ARE ALLERGIC OR HAVE BEEN INSTRUCTED BY YOUR DOCTOR NOT TO TAKE IT.

For best results, follow this regimen for 3 days *whether or not* there is pain. The anti-inflammatory properties will help with healing.

Antibiotics: Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene: Good oral hygiene is essential to good healing. Warm saltwater rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. Brushing your teeth and around the healing abutments is no problem. Be gentle initially with brushing the surgical areas.

Activity: Keep physical activities to a minimum for at least 24 hours following surgery. If you are considering exercise, throbbing or bleeding may occur. If this happens, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis: Partial dentures, flippers or full dentures should not be used immediately after surgery and can irritate the wound site for several days. Please proceed with wearing your temporary or permanent prosthesis with caution. If pain or bleeding occurs, do not wear the prosthesis.

Please contact Dr. Weiler with any further questions or concerns:

drweiler@thehamptonsdentist.com | call/text: (631) 998-3980

(If contacting after office hours, please send a text message to the office phone number listed above)