



Family Dental Centre

Post Operation Instructions for Dental Implants

Pain relief: the most discomfort you will experience is as the freezing starts to fade. If you have not already taken pain medication at our office, take your prescribed pain medication as soon as you arrive home even if it doesn't hurt. Applying an ice bag to your face for 20 minute intervals for the remainder of the day following surgery will help control pain and swelling.

Rest: We recommend you to return home after surgery and rest, lying quietly with your head elevated for the rest of the day. Always get up slowly from a reclined position. Limit your physical activity for 2-3 days and avoid vigorous exercise during the first week post operative.

Antibiotics: Please take antibiotics as prescribed. If you have an allergic reaction to the medication prescribed please notify the office at 403-272-1500. If you have a sudden, severe allergic reaction with difficulty breathing call 911.

Swelling: swelling often occurs and is normal. On the day of surgery, placing an ice pack can reduce swelling and subsequent pain on the surgical site as follows: 20 minutes at a time, 20 minutes on followed by 20 minutes off. Do not apply heat. Swelling will increase for 2 days and decrease after day 3. If swelling is severe or increases after day 4 contact our office.

Bleeding: some bleeding and seepage is normal after dental implant surgery. Bleeding may lead to clumping of loose blood clot over surgical site and this is normal. If rapid bleeding occurs apply nonstop pressure using moist tea bag for 20 minutes. If bleeding occurs contact our office.

Periodontal pack: when necessary a surgical dressing is applied to the area to protect healing. Do not worry if pieces or the entire pack comes off. Please make sure you keep the area clean using a mouth rinse that contains chlorhexidine.

Oral hygiene: avoid brushing and flossing near the surgical area for one week. To help control bacterial growth, use a chlorhexidine rinse as prescribed. The rinse may temporarily stain your teeth but they should return to normal with regular brushing after healing is complete.

Stitches: sutures that are around and between the teeth will keep the gum tissue in the correct position for the first three days of healing. Most stitches used are self dissolving. If a stitch becomes loose no treatment is required as long as the wound remains closed and there is no bleeding.

Nutrition: good nutrition is essential for healing. For the first 24 hours, please avoid drinks and foods that are very hot. To reduce the pressure of chewing chose food that is mashed, pureed, chopped, grated or cooked to a soft consistency. Some examples are soup or broth, mashed potatoes, yogurt, pudding, applesauce, overcooked white rice or pasta, eggs, cheese, tofu, nut butters or smoothies. Liquid food supplements such as breakfast or protein shakes can help if you have difficulty eating. Avoid eating food with small seeds, nuts, dried fruits and popcorn as it can get stuck. Avoid chewy/crunchy food such as tough meats, crusty food, raw fruits and vegetables. Chew on the opposite side than where the surgery was.

Alcohol: avoid all alcoholic beverages as they can interact with pain and antibiotic medications causing a severe reaction. Alcohol thins the blood and can increase bleeding.

Smoking: Heat and smoke causes delayed healing which leads to increased discomfort. Please limit smoking as much as possible.

If you need to contact us out of regular business hours, please email familydental1@shaw.ca