

# Post-Operative Instructions for Dental Implants

## 1. Bleeding

- **Minor bleeding or oozing** is normal for the first 24-48 hours. You can gently bite on gauze to control bleeding. Change the gauze every 30-45 minutes until the bleeding reduces.
- **Excessive bleeding:** If bleeding continues or worsens, apply firm pressure with a gauze pad for 20 minutes and avoid spitting. If this does not help, contact our office immediately.

## 2. Swelling

- Swelling around the mouth, cheeks, eyes, or sides of the face is a normal reaction to surgery. Swelling usually reaches its maximum 48 hours post-surgery and can persist for 5-7 days.
- **To reduce swelling:** Apply an ice pack to the affected area (20 minutes on, 20 minutes off) for the first 24 hours.

## 3. Pain Management

- **Take prescribed pain medications** as instructed. It's normal to feel discomfort for the first few days after surgery. If pain is not manageable with the prescribed medication, please contact our office.
- **Over-the-counter pain relievers** like ibuprofen (Advil) or acetaminophen (Tylenol) can be used as directed.

## 4. Diet

- For the first 24 hours, stick to **soft, cool foods** such as yogurt, smoothies, or mashed potatoes. Avoid hot foods and drinks, as they can increase swelling and bleeding.
- For the first week, eat **soft, nutritious foods** such as soup, scrambled eggs, oatmeal, or pasta. Avoid hard, crunchy, or chewy foods.
- **Stay hydrated**, but avoid using straws, as the sucking motion can dislodge the blood clot.

## 5. Oral Hygiene

- Avoid brushing the surgical area for the first 24 hours.
- The day after surgery, **gently rinse your mouth** with warm salt water (1/2 tsp of salt in 8 oz of warm water) 2-3 times a day, especially after meals.
- **Do not use mouthwash** for the first week unless directed by your dentist.
- Resume brushing your teeth **gently** around the surgical area starting 24 hours after surgery, but avoid directly touching the implant site.

## 6. Activity

- Rest for the first 24-48 hours after surgery.

- Avoid strenuous activities, exercise, or bending over for 3-4 days as these can increase bleeding and swelling.

## **7. Smoking and Alcohol**

- **Do not smoke** or use any tobacco products for at least 72 hours post-surgery. Smoking delays healing and increases the risk of infection.
- **Avoid alcohol** for the first 72 hours or while taking prescribed pain medications.

## **8. Stitches (Sutures)**

- If non-dissolvable stitches were used, they will need to be removed in about 1-2 weeks. If dissolvable sutures were placed, they will naturally fall out over 5-10 days.

## **9. Follow-Up Appointments**

- A follow-up visit may be scheduled within 7-10 days to monitor healing and remove any sutures, if necessary.

## **10. Signs of Infection**

- Watch for symptoms like **increased swelling after 48 hours, severe pain, persistent bleeding, fever, or pus**. If any of these occur, contact the office immediately.

## **Emergency Contact Information**

- **Office Phone: 021 4542475**
- **Email:Info@nostradental.ie**

**Please contact our office if you have any questions or concerns about your recovery.**  
Thank you for trusting us with your care, and we wish you a smooth and speedy recovery.

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