

Implant Placement Surgery

Follow all home care instructions as provided by your dental team. They provide individualized instructions to help you best care for YOUR mouth.

It is important to adhere to your recommended follow-ups and hygiene maintenance appointments, so that we can properly monitor and promote the success of your oral and overall health.

- You can expect your numbness to last for 1-3 following your procedure.
- **While your numbness lasts:**
 - Avoid all chewing and all hot foods and liquids
 - This will prevent accidental burning or biting of your lips, tongue or cheek.
 - Do not rinse or spit for 24 hours after surgery.
- Keep your fingers and tongue away from the surgical area.
- **Use ice packs** on the surgical area (side of face) for the first 48 hours as needed; apply ice 20 minutes on and 10 minutes off. (Note: Bags of frozen peas work well.)
- For **mild discomfort**, take Tylenol® or ibuprofen every 3–4 hours.
- Your doctor may prescribe pain medication, prescription rinses, or antibiotics for you. Please take these prescribed medications as directed by your doctor.
- Drink plenty of fluids. (Do not use a straw—this creates suction in the mouth that could cause complications.)
- **Smoking is detrimental to healing tissues** and will affect the results of your treatment.
 - It is preferred that you quit smoking entirely.
 - It is not advised to smoke for 48 hours following treatment.
- Avoid strenuous activity and do not exercise for at least 3–4 days after surgery. After that, be careful—your regular caloric and fluid intake have been reduced, so you may get light-headed, dizzy, or weak. Please listen to your body and contact us with any questions or concerns.
- If the muscles of the jaw become stiff, the use of warm moist heat to the outside of your face over the spots that are stiff will relax these muscles.
- Your diet should consist mainly of soft, easily swallowed foods and cool drinks. Avoid anything that might get stuck in your teeth, so no seeds, nuts, rice, popcorn, or similar foods.
- After the first 24 hours, **use a warm saltwater rinse** following meals for the first week to clear out particles of food and debris that may lodge in the surgical area. (Mix a 1/2 teaspoon of salt in a glass of warm water)
- Brush your other teeth normally, but avoid the surgical area for the first 48 hours. Following that time, use gentle brushing efforts to clean the area.
- Continue to practice optimal oral hygiene efforts at home.