

Post-Operative Instructions: Dental Implants

Please follow these instructions carefully to promote proper healing and long-term implant success.

Immediately After Surgery

- Mild bleeding or oozing is normal for the first 24 hours.
- Avoid disturbing the surgical site with your tongue or fingers.
- Take all prescribed or recommended medication as directed.

Bleeding

- Slight bleeding or pink-tinged saliva is normal.
- If heavy bleeding persists, contact our office.

Swelling & Discomfort

- Swelling and mild bruising are normal and may peak at **48–72 hours**.
- Apply an ice pack to the outside of the face for **20 minutes on, 20 minutes off** during the first 24 hours.
- Take prescribed or recommended pain medication as directed.
- Some jaw stiffness is normal.

Activity Restrictions

- Avoid strenuous activity for **48–72 hours**.
- Rest with your head elevated the first night.
- Resume normal activity gradually as comfort allows.

Do NOT for at Least 72 Hours

- Do not smoke or vape (this significantly increases implant failure risk).
- Do not use straws.
- Do not spit forcefully.
- Avoid alcohol while taking prescribed medications.

Eating & Drinking

- Stick to **soft foods** for a few days (eggs, yogurt, soup, mashed potatoes, smoothies).
- Avoid chewing directly on the implant site.
- Avoid hot, crunchy, or hard foods.
- Drink plenty of water.

Oral Hygiene

- Do not brush directly over the implant site for the first **24 hours**.
- Resume gentle brushing around the area the next day.
- After 24 hours, gently rinse with warm salt water (½ teaspoon salt in 8 oz warm water) **2–3 times daily**.
- Continue regular brushing and flossing elsewhere.

Medications

- Take all prescribed medications exactly as directed.
- Finish any antibiotics completely unless instructed otherwise.
- If you experience side effects, contact our office.

Healing Expectations

- The implant will heal under the gums as it integrates with the bone.
- This healing process typically takes **3-4 months** before the final restoration is placed.
- Temporary teeth (if provided) should not be used for heavy chewing.

Call Our Office If You Experience:

- Increasing pain after 3–4 days
- Excessive swelling or redness
- Fever over 101°F
- Persistent bleeding
- Loosening of a healing cap or temporary restoration

Questions or concerns? Please call King & Miles Family Dentistry at 812-473-1128.

Your comfort and long-term implant success are important to us. Thank you for trusting us with your care.