



West River Dental

## Homecare after Implant Surgery:

### General Care:

1. To control minor bleeding, apply moderate pressure with gauze pads or a clean, moist tea bag wrapped in a gauze pad.
2. Limit yourself to calm activities for the first three to five days to keep your blood pressure stable and reduce bleeding.
3. If you usually wear a removable denture or partial denture, we will give you specific instructions about wearing it while your implants heal.

Tobacco Use: Don't use tobacco for at least 24 hours and avoid tobacco use as much as possible for several months. Tobacco slows healing and increases the risk that your body will reject the implants. Tobacco is the leading cause of implant failure

### Chewing and Eating:

1. Avoid chewing until the numbness has completely worn off. If we placed a temporary restoration, avoid chewing for 30 minutes to allow the temporary cement to set.
2. For the first 24 hours, drink lots of liquids and eat soft, nutritious foods, chewing on the opposite side of your mouth.
3. After the first 24 hours, you can begin to return to your original diet, but continue to chew on the opposite side. Avoid very hot or spicy foods until your gums are healed. We'll evaluate your situation to determine how soon you can chew utilizing the implant.

### Brushing and Flossing:

1. For the first 14 days, gently wipe the implant site with gauze or a cotton swab. After that, brush the area gently with a soft toothbrush.
2. Don't floss the site for four weeks. We will evaluate the healing and adjust your brushing and flossing timetable if necessary.
3. If we have recommended a mouth rinse, use it as directed.
4. Brush and floss your other teeth normally.

### Medications and Discomfort:

1. If antibiotics or other medications were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
2. To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It is normal to experience some discomfort for several days after surgery.
3. To reduce discomfort or swelling for the first 24 hours following surgery, use ice packs, 20 minutes on and 20 minutes off.
4. To reduce discomfort after the first 24 hours, apply moist heat.
5. To further reduce discomfort after the first 24 hours, you can rinse your mouth very gently three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.

### When to call us:

Call us immediately if you have heavy or increased bleeding, you have pain or swelling that increases or continues beyond two or three days, or you have a reaction to the medication. If any of these situations occur after hours or on weekends, utilize the emergency numbers provided on the West River Dental answering service.

Call us if the implants gradually show through the gums so we can schedule an additional check to determine what, if any, intermediate steps are needed.

You can also call if you have any questions or concerns.