

# Post Operative Care - After Dental Implant Surgery

Following surgery, be sure not to disturb the wound. You should avoid spitting, rinsing, or touching the wound within the first 24-hour period. Often, there will be an abutment (to help secure the implant and ensure healing) protruding through your gum tissue. In order to ensure your implant heals properly and is successful, please adhere to the following:

**Diet:** Be sure to drink plenty of fluids immediately following your procedure and continue to do so while you are healing. You should avoid hot food or liquids.



During the first 24-hour period, you should only consume liquids and soft foods. Following the first 24-hour period, you should return to a normal diet unless otherwise instructed.

Avoid chewing directly where the implant was placed until your post-operative follow-up appointment. In order to prevent infection, we may prescribe antibiotics, and it is important that you take them as directed.

**Oral Hygiene:** During the first 24-hour period, do not spit or rinse. This can disturb the blood clot, and may open the wound, which can prolong bleeding and hinder healing.



After the first 24-hour period, you can rinse with 1/2 teaspoon of salt in a cup of warm water at least four to five times a day especially before bed and after meals.

Do not use commercial mouth rinses. Do not brush your teeth near the surgical site for 48 hours. Be sure to be very gentle when brushing. Also, be gentle when coughing up phlegm.

**Smoking:** Smoking significantly increases the probability of implant failure. You should avoid smoking for at least two weeks following surgery.



**Prosthesis or Night Guards:** Until your post-operative appointment, you should not use flippers, partial dentures, or full dentures (unless instructed differently).



**Other Considerations:** You should not be stretching your lip daily to inspect the dental implant area. You will notice that gum is covering the area – this is important so your implant can heal properly. There may be a healing cap placed over your implant. Be sure not to eat or chew on the healing cap because it will cause the implant to move below and could cause implant failure.