

# Post-Implant Care Instructions

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The first **2 weeks** after surgery are very important. The healing of the bone around an implants takes **3–6 months**.

## 1) Diet

Eat a **soft, mild, and nutritionally balanced** diet for **2–4 days** (or longer if needed) after your surgery.

- Chew on the **opposite side** of where the implant was placed as much as possible for **2 weeks**.
  - As the tissue around the implant heals, you may return to your normal eating routine.
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## 2) Swelling

Swelling is normal and usually reaches its peak at **48 hours**.

To help minimize facial swelling:

- Keep your head elevated (use 2 pillows when lying down)
  - If needed: use **cold compresses** for the first **48 hours** (30 minutes on, 30 minutes off).
  - If needed: after **48 hours**, switch to **warm compresses** (30 minutes on, 30 minutes off) until swelling improves.
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## 3) Keeping the Implant Clean

- Use a cotton-tipped applicator or a soft toothbrush to gently clean the healing cap and adjacent tooth surfaces.
- If you were prescribed chlorhexidine gluconate (Peridex™), please use only as directed

Avoid **all tobacco, nicotine, and alcohol** during the first **2 weeks** after surgery.

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## 4) Bleeding

If you experience heavy bleeding, it usually means the gauze pads are being clenched between your teeth rather than pressing on the surgical area.

- Reposition fresh gauze so pressure is directly on the surgical area.
  - Keep the remaining teeth slightly apart by the pad.
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## 5) Pain Control

We recommend starting to take pain medication **before the numbness wears off**.

Over-the-counter options such as ibuprofen (Advil®/Motrin®) and/or acetaminophen (Tylenol®) may be adequate if there are no allergies, they have been tolerated in the past, and they do not interfere with other medications.

For more involved procedures, a prescribed narcotic may be taken. It may be alternated with or taken in addition to over-the-counter options as long as it is tolerated and they do not interfere.

- Take medications with food to help reduce nausea.
  - Narcotic pain medication can impair judgement and reflexes so do not drive or operate heavy machinery while taking these medications
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## 6) Antibiotics

You may be prescribed antibiotics to help prevent infection. If so, take all medication as directed.

If you develop any adverse reactions such as nausea, rash, or itching, discontinue the medication as this can be a sign of an allergic reaction. Antihistamines such as Benadryl® will usually counteract these symptoms

Swelling of the lips/tongue or difficulty breathing may be a **severe allergic reaction**—seek medical attention immediately.

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## 7) Infection

An infection may occur a day or several days after surgery (even if you were prescribed antibiotics). Call the office as soon as possible if you have:

- A sudden increase in swelling
  - Throbbing pain
  - A foul-tasting drainage from the wound
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## 8) Denture or Flipper

If applicable you will be given specific instructions on the day of surgery for when to wear your denture or flipper.

- Leave the denture or flipper out of your mouth until you are instructed to wear it. It may need to be realigned before wearing it.
  - If you cannot place your denture or flipper back in your mouth, leave it out and call the office.
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## 9) When to Call Us

Please call our office (919) 489-2793 if you have any questions or difficulties.

If you feel that your symptoms warrant a physician and you are unable to reach Dr. Campbell, please go to the closest hospital emergency room immediately.