

SURGICAL

Dental Implants

BEFORE YOUR APPOINTMENT

- Eat a normal meal before your appointment.
- Take any pre-medication (antibiotics or anti-inflammatories) exactly as prescribed.
- Wear comfortable clothing and avoid alcohol for 24 hours beforehand.
- Tell us about every medication and supplement you take, especially blood thinners.

AFTER YOUR TREATMENT

First 24 Hours

Some bleeding or oozing in the saliva is normal. Do not rinse, spit, smoke, or use straws — suction can dislodge the clot that's forming.

Swelling

Swelling is expected and usually peaks around day two or three. Apply a cold pack wrapped in a towel, 20 minutes on and 20 minutes off, for the first 24 hours. After 48 hours, switch to moist heat.

Pain Management

Take your first dose of pain medication before the numbness wears off. The ADA recommends an NSAID such as ibuprofen as first-line therapy, alone or combined with acetaminophen. If antibiotics were prescribed, finish the entire bottle.

Eating

Soft foods and cool liquids on day one. Chew on the opposite side for about two weeks. Avoid hot foods while numb, and never chew directly on the implant until Dr. Patel confirms it has healed.

Oral Hygiene

Begin gentle brushing the day after surgery, avoiding the surgical site. Starting the day after, rinse with warm salt water (one teaspoon in eight ounces) two to three times daily. Use a wet Q-tip to lightly roll over an implant site to keep it clean and plaque free.

Activity

Limit physical activity for 24–48 hours; avoid strenuous exercise for about a week. Keep your head elevated on extra pillows when lying down.

Call Us If

Bleeding is severe or won't stop with pressure, pain increases after day three, swelling worsens after day four, you develop a fever, or you have a reaction to any medication.