

# Pre Operative and Post Operative Instructions: Dental Implants



Clarence Street  
DENTAL Group

## Pre-Operative Instructions

- Please avoid smoking and drinking alcohol for 24 hours leading up to your appointment.
- Eat a light meal before arriving for your surgery unless otherwise directed.
- Any medical conditions should be discussed prior to surgery date including all allergies.
- If you are on any blood thinners or bisphosphonates, please advise us so that we can obtain written medical clearance from your Medical Doctor. There will likely be a change in how they need to be taken.
- Take all of your prescribed daily medications as usual (aside from the medications noted above).
- Pre-medication for an antibiotic and anti-inflammatory will be prescribed and are to be taken as per the instructions given.

## Post-Operative Instructions

Placement of dental implants usually does not create a great deal of discomfort. However, carefully reading and following these instructions will ensure smooth and easy healing. Following surgery, be sure not to disturb the wound. You should avoid spitting, rinsing, or touching the wound within the first 24 hour period. There will be a metal healing abutment covering the implant which may protrude through your gum tissue. The implant will usually take a period of up to 4 months to heal, depending upon your body's healing properties and the type of implant surgery. Please read the following instructions **before** your surgery. If you have any questions or concerns, please discuss this with us.

- **Physical Activity:** Please limit any physical activity for 48 hours following surgery as this may lead to an increase in swelling as well as the potential for injury because of impaired coordination caused by narcotic medications.
- **Avoid smoking and drinking alcohol** for 2 weeks following surgery. Smoking is detrimental to healing. Do not smoke or use smokeless tobacco as it will decrease the chance of delayed healing and infection.
- **Diet:** A nutritious diet during the healing period is very important. You may start eating as soon as the numbness wears off. Your diet may consist of soft foods that can be easily chewed and swallowed.
  - Eggs, mashed potatoes, soup, yogurt, pancakes, applesauce
  - Supplements such as Ensure or Carnation Instant Breakfast provide excellent added nutrition
  - Avoid hot and spicy foods, seeds, nuts, popcorn, etc
  - Avoid hot temperature foods until the numbness subsides
  - Drink plenty of fluids. Avoid using a straw for 24 hours; doing so may dislodge the blood clot and delay healing
  - Advance your diet as you can tolerate more
- **Medications/Prescriptions:** You can expect to experience discomfort following surgery. Mild to moderate pain can be relieved by non-prescription pain medication such as Advil or Ibuprofen. For severe pain, use the prescription that is given to you by your doctor. Pain medication should be taken before the local anesthesia wears off.
  - Take all medications as prescribed
  - Do not take pain medications on an empty stomach

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- Do not mix medications with alcohol
- While taking narcotic pain medication that may make you sleepy, it is very important to avoid driving a vehicle or operating any heavy machinery.
- **IMPORTANT:** If an antibiotic is prescribed, all female patients utilizing birth control pills must be advised that you need to use an alternative method of birth control during this time.
- **Bleeding:** Maintain firm biting pressure on the gauze packing for 30-60 minutes after your surgery. Some bleeding or “oozing” is normal for the first 24 hours. Do not be alarmed. For persistent bleeding, gauze may be replaced for an additional 30 minutes. If excessive bleeding persists longer than a few hours, contact the office for further instructions.
- **Swelling:** Swelling is normal and usually peaks at about 48-72 hours after surgery.
  - Apply an ice pack for the first 24 hours after surgery (20 minutes on, 20 minutes off).
  - After 24 hours, moist heat can be applied to help decrease stiffness and soreness in the jaw or face.
- **Bruising:** Bruising may be present in varying degrees. It is harmless and will subside over a period of 5-14 days.
- **Fever:** There may be a slight elevation of temperature for the first 24 to 48 hours after surgery. If fever is present, it is extremely important to drink plenty of fluids. For fevers which exceed 101 degrees, please call the doctor especially if this fever is associated with limited opening. It is also appropriate to make sure that prescribed antibiotics are being taken correctly.
- **Brushing & Rinsing:** Do not brush, rinse or spit for the first 24 hours. After that, use a warm salt-water rinse following meals and before bedtime (1 teaspoon of salt in an 8 oz glass of warm water). Do not use commercial mouth rinses. Do not brush or floss your teeth near the surgical site for 48 hours. Continue to do so over the next few weeks. **Do not use an electric toothbrush for at least 6 weeks following implant placement.**
- **Sutures:** Sutures may have been placed to promote healing. If sutures have been placed following implant surgery, there will be an appointment in 1-2 weeks to have them removed at the time of your post operative appointment. Some sutures may become loose and fall out prematurely. This will not cause any problems and can be ignored.
- **Prosthesis or Nightguards:** Your doctor will decide when dentures or partials may be worn after surgery, but they must be worn only with caution. Remember, no undue pressure should be applied over the implant surgical site. This can affect the success of your implant.

**If you have any questions or concerns, please call us  
at the office 519-756-8080 during regular business hours.  
If it is after hours, please text our emergency hotline 226-286-8829.**