

NORTHWEST DENTAL CENTRE

Care of your mouth after Dental Implant Surgery

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. There may be a metal healing abutment protruding through the gingival (gum) tissue.

Bleeding:

Some bleeding or redness in the saliva is normal for 24-48 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad or tea bag placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call the office for further instructions.

Swelling:

Swelling is a normal occurrence after surgery. The swelling usually peaks in 2-3 days after surgery. By day 5-6, the swelling should be almost gone. To minimize swelling, apply an ice bag, or a plastic bag or towel filled with ice on the cheek in the area of surgery. Apply the ice 10 minutes on and 10 minutes off, as much as possible, for the first 48 hours. Apply heat for 4-5 days after, in the same frequency, to help speed recovery.

Diet:

Drink plenty of fluids. Avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as it is comfortable to do so unless otherwise directed.

Pain:

You should continue taking pain medication as soon as you can after surgery, ideally before the local anesthetic wears off. Our doctors will prescribe medication for relief of pain and will instruct you how to use them.

Antibiotics:

Be sure to take the prescribed antibiotics as directed to help prevent infection. Infection is one of the causes of implant failure.

Oral Hygiene:

Good oral hygiene is essential to good healing. Warm salt water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day especially after meals. Your doctor will instruct you to begin the salt water rinses about 2 days after the surgery. *The day after surgery, the chlorhexidine rinse should be used three times daily, after meals and before bed. Be sure to soak the area for at least 30 seconds then allow the access to drain out of the mouth without spitting.* Brushing around the implant site should be avoided for 1 week after implant surgery. Your doctor will instruct you when you may begin brushing around the implant. Be gentle initially when brushing the surgical areas.

Activity:

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis:

Partial dentures, flippers, or full dentures should not be used immediately after surgery and for at least 10 days – 2 weeks. Our doctor's will instruct you when you may begin wearing the prosthesis again.

If you have any questions or concerns, experience any unusual symptoms, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933. We are here six days a week, Monday through Saturday to serve you.