



THE DENTAL IMPLANT PRACTICE  
IMPLANTS. COSMETICS. GENERAL DENTISTRY

# Post Operative Instructions After Dental Implant Surgery

After dental implant surgery, you should follow these instructions:

## **Pain medication:**

- Take prescribed pain medication as directed. Take all prescribed antibiotics as directed.

## **Swelling:**

- Apply ice packs to the surgical area for 20 minutes on and 10 minutes off for the first 48 hours. Swelling is usually worst 2–3 days after surgery.

## **Bleeding:**

- Bite on damp gauze for one hour after surgery, and repeat every 20 minutes as needed.

## **Diet:**

- Eat a soft food diet for the first 4 weeks. Avoid hot liquids for the first 24 hours, and don't suck through straws.

## **Activity:**

- Limit strenuous activity for the first 3–4 days after surgery.

## **Smoking:**

- Don't smoke for at least 5 days after surgery.



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### **Healing abutment:**

- If a healing abutment was placed on your implant, it may loosen. This is normal, and it's meant to come off for restoration. Just inform by contacting on the clinic reception.

### **Sutures:**

- Sutures may come out with gentle brushing, and a small amount of bleeding is normal. Get your sutures removed 10-14 days after the surgery.

### **Sinus pressure:**

- (If sinus lift procedure is performed).  
Avoid putting any pressure on your sinus area for at least a month after surgery, this includes blowing your nose, sneezing, playing musical instruments.

