

Post Operative Instructions for Dental Implant Placement

HOME CARE INSTRUCTIONS AFTER DENTAL IMPLANT PLACEMENT

At Dantkriti Dentofacial Aesthetics and Implant Centre. Our goal for your healing process after the placement of Dental Implants is to be as comfortable as possible and for that following post-Surgery instructions is very important to avoid any unnecessary pain and complication.

Do not disturb the surgical site where dental implants are placed.

Avoid rinsing, spitting, or touching the Dental Implant site from the finger or tongue.

Sometimes a smooth metal abutment is placed on top of a dental implant which can be felt by the tongue.

BLEEDING AFTER DENTAL IMPLANT PLACEMENT

- ❖ There can be slight bleeding or redness in the saliva which is normal for a day.
- ❖ If the bleeding doesn't stop keep a gauze pad pressed and bite firmly for 45 minutes. In case of excessive bleeding contact immediately

SWELLING AFTER DENTAL IMPLANT SURGERY

- ❖ Swelling after implant surgery is normal, especially when additional procedures are carried out e.g. Tooth Extraction, Bone Grafting, Ridge Split, Sinus Lift
- ❖ Swelling may increase for 72 hours and then start decreasing.
- ❖ Ice packs should be placed continuously for 12- 36 hours after surgery to reduce swelling

PAIN AFTER DENTAL IMPLANT SURGERY

- ❖ For pain, take prescribed medications and pain killers as soon as possible
- ❖ Ideally, it should be taken before the effect of anesthesia wear off.
- ❖ If you are allergic to any medications inform the doctor.
- ❖ Pain following surgery should start subsiding after 72 hours. If pain persists or does not decrease it may require a surgeon's attention.

DIET AFTER DENTAL IMPLANT PLACEMENT

- ❖ After the Tooth implant, and surgical procedure cold and soft diet is advised. Avoid Hot, hard, or spicy food.
- ❖ Take fluids at regular intervals and keep yourself hydrated.
- ❖ Inform the doctor if you have any diet restrictions for modifying your diet plan.

ORAL HYGIENE

- ❖ Oral Hygiene maintenance is very important to avoid infection and promote healing.
- ❖ After 24 hours of Tooth Implant Placement, you should start rinsing at least 3 to 4 times a day, especially after meals, with warm saline water or medicated mouth wash.
- ❖ Brushing should be resumed the day after dental implant surgery. Brushing should be gentle with a soft brush.

PHYSICAL ACTIVITY AFTER DENTAL IMPLANT PROCEDURE

- ❖ Physical activities should be kept minimal immediately after dental implant surgery.
- ❖ Avoid heavy Exercises, and allow the body to heal up from surgical stresses. Avoid driving vehicles or operating heavy machinery.

WEARING YOUR PROSTHESIS AFTER DENTAL IMPLANT SURGERY

- ❖ Immediate use of flippers and dentures should be avoided and should be worn after primary healing of the implant site is complete.
- ❖ If conditions are favourable we can provide an immediate temporary cap can be given within a day or two.



Dantkriti, Golf Course Road

Building No. g1, Golf Course Rd, Sector 28, Near DLF Phase 1 Metro Station, Gurugram, Haryana, 122002

Dantkriti, Ardee City

B-122, Ardee City Gate Number 2 Rd, Block B, Ardee City, Sector 52, Gurugram, Haryana, 122003

 **+91 9773505706, 124 4175848**  **dantkritidentalclinic.com**