



HEMOCARE INSTRUCTIONS FOR DENTAL IMPLANT

Managing Swelling and Discomfort

It's normal to experience some minimal bleeding, swelling, and discomfort in the hours and days after oral surgery, however you should see improvement within just a couple of days. You may notice red saliva following your implant procedure. This is normal and will typically resolve within a day of your surgery. If bleeding persists, call us for additional instructions.

Discomfort can often be managed with an over-the-counter pain reliever, such as ibuprofen, that also helps to diminish swelling. Pain medication can be taken as prescribed: Take 400mg of (2 tabs) Ibuprofen and 500mg (1 tab of extra strength) Tylenol every (4) four hours as needed for pain. To control swelling, ice can be applied to the area intermittently during the first 24 hours.

Patients may need antibiotics after the implant procedure. It is very important to complete the entire course of antibiotics to minimize the risk of infection and implant failure.

Eating and Drinking

You'll want to stick to soft foods and avoid hot liquids and spicy items for a few days following oral surgery. After 3-4 days, you should be able to return to a normal diet, but avoid biting on hard items in the area of the implant until it is fully healed.

Oral Care

Proper oral hygiene is essential to a successful healing process, but you don't want to disrupt healing with overzealous cleaning. On the day of surgery, you may carefully brush and floss around the area, but do not rinse. The following day you can begin gently rinsing several times a day with a warm saltwater solution, especially after eating. After a few days, you may need to carefully clean around the implant and abutment (if attached) using a Q-tip and an appropriate cleaning solution, rather than a toothbrush.

Avoid Potential Problems

One of the two primary reasons implants fail is because of trauma caused by excessive pressure, or biting force, on the implant site. This is why it's important to avoid hard foods and try not to chew in this area, even if you have a temporary crown. If you suffer from bruxism, a dental appliance such as a bite guard may be required for long-term protection.

Insufficient oral hygiene is another major issue that could impact the long-term success of a dental implant. Immediately after the implant procedure, patients need to follow precise cleaning instructions. You should avoid strenuous activity for a few days after surgery, and eliminate smoking for a minimum of two weeks. Always practice proper oral hygiene and visit our dentists for a regular examination and checkup.

If you'd like to learn more about dental implants or if you have any additional questions please contact us at **330-274-3495**.