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Post Operative Instructions for Dental Implant Surgery

***After implants have been placed, it's important to follow these instructions to ensure the long-term success of the implant.**

General care:

- To control minor bleeding, apply moderate pressure when biting down on cotton gauze pads.
- Limit yourself to calm activities for the 3 days to keep your blood pressure stable and reduce any bleeding.
- NO tobacco use for at least 48 hours. Tobacco slows the healing and increases the risk that your body will reject the implant leading to implant failure.

Chewing and eating:

- Avoid chewing until the numbness has worn off.
- Eat soft, nutritious foods for the first 24 hours.
- Avoid hot and spicy foods for the first 24 hours.

Brushing and flossing:

- Brush the implant area gently with an extra soft toothbrush, brush all other teeth normally.
- If we have recommended a mouth rinse, use as directed.

Medication and discomfort:

- If antibiotics or other medicines are prescribed, continue to take them as directed, even if all symptoms or discomfort are gone.
- To control discomfort, take pain medication before the anesthetic wears off. It is normal to have some discomfort for several days after the procedure.
- To reduce discomfort after the first 24 hours, you can rinse with warm salt water gently three times a day.

If any questions or concerns please call our office