



Lakes Region Dental Center
6 Center Street
Oakland, Maine 04963
207-465-7300

Post-Care Instructions for Dental Implants

Diet dental implant post-care

- Avoid extremely hot foods and liquids
- Soft foods during the first six days is recommended to avoid food particles from contaminating the implant surgery site.
- **Beginning the day after** the implant, rinse after each meal, rinse thoroughly with warm saline solution, ½ a teaspoon of salt, in a glass of warm water.

Bleeding dental implant post -care

- Gauze is normally given to you and applied on the surgical site(s) to limit bleeding while clotting takes place.
- The gauze packs should be left in place for about 30 minutes after the implant surgery.
- Bleeding should never be severe. If the bleeding does not stop, please contact us

Managing swelling implant post- care

- Place ice packs or cold compress applied for a period of ½ hour to the face over the surgery site, 30 minutes on/ 30 minutes off
- When lying down, elevate the head with an extra pillow during the first 2 nights after surgery to reduce swelling.

Managing pain implants post- care

- Tablets for pain should be taken as necessary and according to any given instructions by your dentist.
- If pain persists, please contact us

Managing infection dental post- care

- The mouth should be thoroughly rinsed with warm water saline solution after each meal to reduce the chance of infection.
- Place the solution in your mouth and gently rotate your head from side to side. **Do Not** swish aggressively.
- Complete the course of antibiotics as prescribed according to the given instructions

Healing dental implant post-care

- After an implant placement, a blood clot forms in the surgical area that is normal part of the healing process.
- **DO NOT smoke or drink** through a straw for 72 hours after your surgery these activities create suction in the mouth, which could dislodge the clot and delay healing.
- Avoid strenuous activity for the first 24 hours after your procedure. This will reduce bleeding and help the blood clot to form.

Any questions please call the office (207) 465-7300 or after hours (207) 624-1648