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## **Post-Operative Instructions for Dental Implant Placements**

**NO TONGUE!!** Please do not disturb the area with your tongue.

**NO FINGER!!** Please do not stretch the cheek or lip to look at the surgical area.  
Please do NOT take photos with your cell phone in the mouth!

**NO BRUSH!!** Do not brush teeth directly next to the implant/s for the first 2 weeks.

**NO FOOD IN THE AREA!!** Please keep all food on the opposite side of the mouth.

After 3 weeks, the implant abutment (small, smooth metal cap at the gum line) can and should be lightly brushed daily with a hand-held brush **ONLY**. (**DO NOT USE AN ELECTRIC/ROTARY/SONIC BRUSH ON IMPLANT ABUTMENT**) Please follow these instructions for 2-4 weeks until we see you for your post-operative visit. **If you had bone grafting done along with implant placement, please see note below!**

**PLEASE NOTE:** As outlined in the post-operative instructions, post-op care for grafting surgery is extremely crucial to the success of the procedure. We ask that you have **NO** activity the day of the surgery and hopefully for one day after, resting at home. After 2 days, back to work but **NO** exercise, sports or strenuous activity for at least one week. The diet **MUST** be “baby-soft”, mushy, non-chew for at least 7 days. After a week, you may **SLOWLY** increase your diet to foods that can easily be torn with your fingers or easily cut with a fork. Although these are still relatively soft foods, begin light chewing on the opposite side from the grafted site. **BE CAREFUL!** Do not check the sutures/surgery area with your tongue to clear food debris. Simply swish gently with water when you take a drink while eating.

**It is common to experience some slight swelling/sensitivity on day 3-10 after surgery.** Do not let this alarm you, it is your body reacting to the bone graft. It usually only lasts a couple of days. If you do experience this, taking Ibuprofen is recommended.