



Post-Op 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 4 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.