



## Dental Implants Post-Operative Instructions

The following instructions will help you in the proper care and maintenance of your dental implant.

1. Do **not** rinse your mouth vigorously during the first 24 hours after the surgery.
2. Do **not** use mouthwash.
3. Do **not** smoke. Smoking compromises the healing.
4. If there is swelling, apply an ice bag or chopped ice wrapped in a towel to the facial area over the surgery site for 20 minutes, and on and off for 4 to 5 hours.
5. If there is bleeding, bite gently on gauze for 1 hour. Some bleeding is normal for the first 24 hours.
6. To minimize bleeding, sleep with an extra pillow for the first night after surgery.
7. Keep the implant and your mouth clean. For the first few days, be gentle around the implants, but do not avoid brushing there. Brush after every meal.
8. Avoid hot and cold extremes on the day of the surgery, especially if you are still numb. Maintain a nutritious diet as your body needs nutrition so it can heal.
9. Drink plenty of fluids.
10. Avoid strenuous activity on the day of surgery.

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions about your implant.

Sincerely,

Rocklin Family Dental Group