



KOPLON
IMPLANT & FAMILY DENTISTRY

HOME CARE AFTER IMPLANT SURGERY

AFTER YOU RECEIVE YOUR DENTAL IMPLANT(S)

The initial healing period after an implant is 1-2 weeks, and you'll likely experience some swelling for the first 24 hours. If you notice any signs of infection (redness, puss, large swelling which occurs 2-3 days after surgery), contact our office at 205-699-2551.

Before the procedure, you were given an anesthetic to ensure your comfort. This anesthetic often leaves your lips, teeth and tongue feeling temporarily numb. We recommend avoiding any chewing until the numbness has worn completely off.

PAIN: Some discomfort after your surgery is normal and expected. An over the counter pain reliever such as ibuprofen or acetaminophen is usually sufficient. Pain and swelling can also be reduced by applying an ice pack for 20 minutes on, 20 minutes off during the first 2 hours after the procedure.

SMOKING: Smoking should be avoided or reduced as much as possible following surgery to ensure the implant heals and will help the prognosis of the implant.

ACTIVITY: We recommend avoiding any strenuous activity within the first 24-hours post-surgery and aim to relax as much as possible.

DIET: It is important to remain nourished post-surgery, but please refrain from eating until numbness has worn off. In the days following surgery, avoid chewing near the implant site as much as possible. Be sure to drink plenty of water (8-10 glasses/day) and aim to ingest primarily soft foods within the first few days.

BLEEDING: Bleeding after surgery is typical and often, light spotting may occur in the immediate days following. You may notice bleeding in your saliva or when you are brushing your teeth. Should you experience minor bleeding, apply gentle yet firm pressure by biting on gauze or a tea bag. Hold pressure for 20 to 30 minutes. If significant bleeding persists, call our office.

SILVER POSTS/ABUTMENTS: We often place metal caps called posts or abutments on top of the implants before a final crown is placed a few months after surgery. After initial healing (2 weeks), you can gently brush around as you would a normal tooth. Normal chewing can be introduced to the area after a couple of months of healing.

WHEN TO RETURN: We typically advise for you to return to our office after 2 weeks to have any stitches removed. The implants will heal for 3 to 6 months and then you are ready to come back and have final restorations placed.

OFFICE CONTACT INFORMATION:

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