Patient Name: [Patient First and Last Name]

Date of Surgery: [Insert Date]

Surgeon: [Insert Doctor Name]

Post-Operative Instructions for Dental Implant Surgery

Please follow these instructions carefully to ensure the best possible healing of your dental implant.

1. Immediate Care

- **Biting on Gauze:** Keep firm pressure on the gauze pad for 30-60 minutes. If bleeding continues, replace with a fresh gauze pack and bite firmly for another 30 minutes.
- **Bleeding:** Slight oozing or pink saliva is normal for the first 24 hours.
- **Protection:** Do not disturb the surgical site. Avoid touching the area with your tongue or fingers.

2. Pain Management and Medications

- **Pain Relief:** Take your first dose of pain medication before the local anesthesia wears off. Follow the dosage instructions on your prescription.
- **Antibiotics:** If you were prescribed antibiotics, ensure you complete the entire course as directed.

3. Swelling and Brusing

- **Ice Packs:** Apply an ice pack to the outside of your face near the surgical area for 20 minutes on and 20 minutes off for the first 24 hours.
- **Elevation:** Keep your head elevated with 2-3 pillows while sleeping for the first two nights.

4. Diet and Oral Hygiene

- **Food:** Stick to a soft food diet (yogurt, pudding, soup, mashed potatoes) for the first 3-5 days. Avoid hot liquids, spicy foods, and crunchy items like chips or nuts.
- **Hydration:** Drink plenty of water. Do NOT use a straw for at least one week, as the suction can dislodge the blood clot.
- **Rinsing:** Do not rinse your mouth for the first 24 hours. After 24 hours, gently rinse with warm salt water (1/2 teaspoon salt in a glass of water) 3-4 times a day.
- **Brushing:** Brush your other teeth normally, but be very gentle around the surgical site.

5. Activities to Avoid

- **Smoking:** Avoid smoking or using tobacco products for at least 7 days, as it significantly increases the risk of implant failure.
- **Alcohol:** Do not drink alcohol for at least 48 hours or while taking pain medication.
- **Exercise:** Avoid strenuous physical activity or heavy lifting for the first 3 days.

6. When to Call the Office

Contact us immediately if you experience:

- Heavy or uncontrolled bleeding.
- Severe pain that is not relieved by medication.
- Excessive swelling after the third day.
- A high fever or persistent nausea.

Follow-up Appointment: [Date and Time]

Office Phone Number: [Insert Phone Number]

After-Hours Emergency: [Insert Emergency Number]