



**B&G Dental**  
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### **Post-Operative Instructions – Dental Implant Surgery**

- You may experience some discomfort around the area as the anesthesia wears off. If the doctor prescribed a pain medication, take as needed. Anti-inflammatory medication, such as Advil or Motrin, can help to prevent swelling.
- If the doctor prescribed antibiotic, complete the prescription unless the doctor instructs otherwise. If you experience an allergic reaction, immediately stop taking the medication and please call the office.
- After a procedure, there may be swelling in the area. Swelling may intensify during the three days after the procedure and usually lasts for two or three days. Immediately after surgery, apply an ice pack to the cheek, alternating on and off for periods of 5-10 minutes. This helps to prevent or decrease the swelling. In addition to swelling, bruising is often noted after the procedure. Warm moist heat helps the bruising to come down. A moist face cloth or a gel-pack from a pharmacy will work well.
- Light bleeding may be noted for up to three days after the surgery. This is common. If there is heavier bleeding, apply pressure to the area for 10 minutes with a moist tea bag. Repeat this up to 45 minutes. Rinsing forcefully will increase the bleeding.
- A liquid or soft diet is advisable during the first 24 to 48 hours. Drink lots of fluids, but do not drink through a straw for 24 hours as this creates suction, which may cause or increase bleeding. Try to avoid extremely hot or cold foods and drinks. Avoid carbonated beverages, highly seasoned and sticky foods.
- The day after the surgery gently rinse your mouth every three to four hours. Use a mixture of one half warm water mixed with one half hydrogen peroxide. This is to help heal the area and removes any food that builds up. This may be repeated for up to one week after the surgery.
- It is very important that your mouth be kept as clean as possible. Therefore brush in your regular routine the other areas of your mouth, but do not brush the surgical area for at least one week.
- You may resume your everyday activities. But avoid unnecessary physical exertion for about one week. Limit any exercise to light aerobic activity without elevating your blood pressure.

**Concerns:** If you have any doubts or concerns, please do not hesitate to contact the office at (617) 364-5500.