



Congratulations! You have taken an important step towards restoring your smile to proper form and function. 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 such as redness, drainage, or large swelling (which start 2-3 days after surgery) please contact our office.

Before the procedure, you were given an anesthetic to ensure your comfort. For this reason, avoid chewing until the numbness has completely worn off to avoid causing damage to your lips or cheek.

Swelling can be greatly reduced by applying an ice pack to the face 20 minutes on/20 minutes off for the first 24 hours after the procedure. After the initial 24 hours, you can switch to compression of moist heat on the face. This can be continued over the next 2 days.

Thanks for choosing Bellano Dental Health to help you protect your smile! Please call us if you have any questions or concerns.



BELLANO

DENTAL HEALTH

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**HOME CARE AFTER
IMPLANTS & BONE GRAFTS**

HOME CARE

Avoid smoking completely to ensure proper healing.

Relax as much as possible and avoid all strenuous activity for the first 24 hours after surgery.

Because nourishment is important to the healing process, eat once the numbness has worn off. A soft diet is recommended for the week following surgery. **Chewing hard foods in this area can cause implant/graft to fail and can also cause the sutures to break. STAY HYDRATED** by drinking 8 large glasses of water each day.

Rinsing 5 times per day with warm salt water can aid in the healing process. **When you rinse, be very gentle.** Avoid swishing vigorously as this can dislodge sutures and grafting material.

Some slight bleeding following implant/graft surgery is typical. This may mix with saliva and be noticed on your pillow in the morning or when you are brushing your teeth.

If you have some bleeding, put gentle but firm pressure on the area by biting on gauze or a tea bag. Hold the pressure for 30 minutes. While some bleeding and oozing is expected, call our office if bleeding persists or increases.

Often, a metal cap will be placed on top of the implant. After the initial healing (2 weeks), you can gently brush around these as you would a normal tooth. Also, you can begin to chew in this area after a couple months of healing.

If you have received a bone graft, you can brush the adjacent teeth very gently after 2 weeks and can **begin chewing in this area after a couple months of healing.**

Generally, you will return to our office in two weeks for a post-operative follow up to check how the healing is progressing. The implant will heal for 3-6 months, and then you are ready for your final restoration. An impression will need to be taken first, and then you will receive your restoration roughly 2-3 weeks later.

PAIN & MEDICATION

Some discomfort after your procedure is normal. Unless otherwise restricted, taking ibuprofen (Advil) before and after the procedure can greatly reduce the amount of discomfort you experience. It is recommended that you take 600 mg (three 200mg tablets) every 6-8 hours.

Alternating acetaminophen (Tylenol) with ibuprofen can further reduce discomfort. Take 1000mg (two Extra Strength Tylenol) 3 hours after taking 600mg of ibuprofen. In other words, alternate acetaminophen and ibuprofen every 3 hours. Do not take more than 6 Extra Strength Tylenol in a day.

If you were prescribed prescription pain medicine. **DO NOT TAKE ACETAMINOPHEN (TYLENOL) WITH PRESCRIPTION PAIN MEDS** as they already contain Tylenol.