

Dental Implant Post-Op Checklist.

What to know after surgery.

- Swelling: cool it down appropriately.
- Pain: take any medications prescribed by the dentist to manage pain.
- Food: do not eat until the anesthetic has worn off. Avoid hot drinks as well as hot, spicy, acidic, crunchy, or hard food for the first day.
- Oral rinses: do not use in the first few hours after the operation.
- Your temporary crown (healing cap): take care to avoid chewing hard foods.
- Body Position: sitting is better than lying down. Keep your head up during the day and also at night. Do not lie on the side where the implant was placed.
- Driving: do not drive in the first few hours after the operation. Your ability to drive might be impaired by the anesthetic or medication. Ask your dentist.
- Oral hygiene: use an oral rinse several times a day instead of a toothbrush in the implant area until the stitches are removed.
- Rest: avoid alcohol, nicotine, coffee, black tea, sport or physical exertion in the first few days after the procedure.

CALL YOUR DENTIST IF:

- you feel a throbbing after the operation.
- you still feel numb at the implant placement area 12 hours after the operation.
- you feel pain or swelling at implant placement several days after the operation.
- bleeding continues.
- you lose your temporary tooth.
- you have symptoms or questions not mentioned here.

IMPORTANT:

Always follow the individual oral care plan which has been given to you by your dentist.