After Your Dental Implant

These steps help protect your implant as it heals. Follow any personal instructions we gave you for a bone graft, sinus procedure, or sedation.

Today • Rest and protect the area

For fresh bleeding, apply clean, slightly damp gauze as shown. Hold firm pressure for 30 minutes; repeat once if needed. Remove gauze before eating, drinking, or sleeping.

Rest with your head elevated. Avoid strenuous activity for 48 hours. Use a towel-wrapped cold pack: 20 minutes on, 20 minutes off.

Wait until numbness wears off before chewing; avoid hot drinks while numb. Choose soft foods and chew away from the implant.

For 24 hours, do not rinse. Avoid forceful spitting or straws for at least 3 days.

Follow your pain-relief plan and prescription labels. Do not exceed doses or double up on ingredients. Do not stop prescribed blood thinners on your own.

Avoid alcohol for 48 hours, and longer if your medicine label says to avoid it. Do not drive if medicine makes you drowsy.

Days 2–3 • Gentle cleaning and comfort

After 24 hours, gently rinse after meals with ½ teaspoon salt in 8 ounces of warm water. Let it drain out without forceful spitting. Use prescribed rinses as directed.

Brush other teeth normally. Avoid brushing directly on the incision until cleared. Do not pull stitches or use a water flosser at the site.

Soreness, light bleeding, bruising, and swelling can occur. Swelling often peaks on days 2–3, then eases.

Until we clear you • Protect healing

Avoid chewing on the implant or its temporary tooth until we tell you it is ready. Do not test it with your tongue or fingers.

Wear a denture or flipper over the site only if we approved its fit. Do not wear it if it presses on the area; have the fit adjusted before wearing it again.

Avoid smoking and vaping throughout healing. Keep your healing checks; feeling comfortable does not mean the implant is ready for chewing.

Mild soreness, bruising, and light oozing usually settle with home care. Keep your planned healing checks.

If You Need Additional Care

Call our office at (281) 852-2230 for active bleeding that continues after one hour of firm gauze pressure—not light oozing or pink saliva. Also call for severe pain despite taking medication as directed, or fever with worsening facial swelling. If the office is closed and care cannot wait, seek urgent dental care.

For emergencies: Go to the ER for uncontrolled heavy bleeding or swelling spreading toward the eye or neck. Call 911 for difficulty breathing or swallowing.