



Cornerstone Dental Group

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Post-Placement Instructions for Your Dental Implant(s)

I hope the placement of your dental implant(s) went well for you. If you have questions or concerns, please do not hesitate to call me on my personal cell phone at 250.260.0281.

Swelling and bruising often occur after surgery and are completely normal. Swelling typically increases for the first 2-3 days and then gradually subsides over the following 3-7 days.

There is generally minimal bleeding following implant surgery. If there is bleeding, moisten the gauze we provided and apply gentle pressure. A small amount of continued oozing for 24 hours after surgery is normal.

Smoking has a negative effect on implant healing and the success of implant(s). You should avoid smoking for at least two months after placing the implant(s). Better yet, please quit smoking, as it will improve your prospects of long-term success. Alcohol may also delay healing and may lead to complications. Please do not drink alcohol for the first 72 hours after the procedure.

Following these instructions will promote a comfortable recovery.

- Take it easy for the rest of the day and the day after your appointment. Avoid any activities that will increase your heart rate or blood pressure.
- Take your antibiotic until all the tablets are gone; 1 week.
- Take 400 mg of Ibuprofen (Motrin[®], Advil[®] or any generic) four times a day for two days after your surgery. This will help with any discomfort and help control swelling. Ibuprofen typically comes in 200 mg, so take two tablets at a time.
- If you still have discomfort with the Ibuprofen, you can take 1-2 tablets of acetaminophen (Tylenol[®]) between your Ibuprofen doses.
- Rinse your mouth with a mild saltwater solution (1/2 teaspoon in a tall glass) 3-4 times a day for 2 weeks, starting the day after the procedure.
- Using a Q-tip, as instructed, gently clean the teeth adjacent to the implant and the healing abutment, if one was placed. Start the day after your surgery and continue until one week after the sutures are removed.
- Brush and floss your teeth as you normally would. Avoid brushing the surgical site/healing abutment for 2 weeks or until any sutures are removed.
- Ensure you get adequate nutrition to aid in healing. You are OK to eat on the day of your procedure; a soft diet is recommended for the first few days. Avoid any hard food around the implant. A vitamin supplement is a good idea.

It will take 3-4 months for your implant(s) to fully integrate, after which it/they will be ready to restore. You should have an appointment booked to remove the sutures in 10-14 days, and we encourage you to schedule the restoration of your implant now.

Thank you, and if there are any questions or concerns, please do not hesitate to call the office.