

# Instructions after Dental Implant

Numbness from the surgery may last for 2-4 hours. Apply icepack externally on the affected area only on the first day.

Please take prescribed pain medications and antibiotics according to schedule. Do not discontinue until course is over.

Drink lots of fluids, and eat soft food on the opposite side. Avoid smoking, alcoholic beverages and hot or spicy foods. You may resume normal eating as soon as you are comfortable.

After the first post-operative day, use a warm salt water rinse following meals for the first week to flush out particles of food and debris that may lodge in the surgical area. (Mix  $\frac{1}{2}$  teaspoon of salt in a glass of warm water. Mouthwash can be added for better taste.)

Avoid vigorous chewing, excessive spitting or aggressive rinsing during healing phase. Do not smoke, suck through a straw or brush near the implant site for one to two days. Do not touch your tongue to the area of the surgery. Try not to sneeze/cough with your mouth closed.

Contact the office immediately if you have heavy uncontrolled bleeding, severe pain, fever, continued swelling post 5 days on 8097292500

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