

Dr. Sirhan, D.D.S.

342 Dorval Avenue
Dorval, Quebec
H9S 3H7
514-636-5760

For _____

Dental implants Home care instructions

Now that you have undergone your implant surgery, certain steps should be taken to assure the success of the treatment. Please follow these recommendations as carefully as possible to minimize the possibility of any complications.

Make sure you take the prescribed medication as indicated.

Maintain a soft diet for the length of time suggested by your dentist. Depending on the number and location of your implants, you may start a soft diet (mashed or soft foods) on the second or third day.

A reasonably balanced diet will help the healing process. You can take liquid meal replacement products such as "Ensure" and "Boost" to help meet your body's nutritional and energy needs.

Bleeding - After a dental implant, a folded gauze pack is placed over the extraction site to assist the blood clot to form. Keep pressure on it for 30 minutes and replace only if bleeding continues.

Avoid chewing or applying any direct pressure on the implants, except for on the folded gauze. If you can assure adequate function by carefully chewing on

other teeth, a regular diet may be started at the beginning of the second week. Otherwise, maintain a soft diet until your follow-up appointment (usually two to three weeks later). The appropriate recommendations will be given to you then.

Swelling - Following a dental implant, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next few hours.

Do not wear your dental prosthesis before it has been properly relined for you.

Minimizing pressure on the dental implants during critical phases of the healing process is the key to successful treatment.

Do not rinse, spit or brush your teeth until bedtime the day of surgery

Sleep with your head elevated at a 45° angle the first night after surgery

Avoid drinking very hot beverages for the first 48 hours.

After 48 hours, rinse your mouth with a salt (1-teaspoon) and warm water (1 cup) solution after every meal for the first two weeks.

Avoid smoking or drinking alcoholic beverages for the following two weeks.

Gently brush your teeth and gums that have not been touched by the surgery, as well as your palate and tongue, with a soft or ultra-soft toothbrush two to three times daily to remove dental plaque. Toothpaste is optional while the soft tissue is healing.

Carefully floss between your teeth once a day.

Please ask to speak to a dental professional if you notice something that seems abnormal, or have specific concerns following your implant surgery.