



## Redwater Dental Clinic

4940 48 St, Redwater, AB | 780-942-4691 | redwaterdentalclinic.com  
Text us at 855-577-1105

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### POST DENTAL IMPLANT INSTRUCTIONS

*Please read and keep this sheet for reference.*

#### What to Expect After Your Procedure

Dental implant placement is a surgical procedure. Some post-operative symptoms are completely normal and expected:

- Swelling of the gums and face — this typically peaks at 48–72 hours and then subsides.
- Bruising of the skin and gum tissue in the treated area.
- Mild bleeding or oozing from the implant site for the first 24 hours.
- Discomfort and stiffness in the jaw, especially when opening wide.
- Numbness or tingling that gradually resolves as the anesthetic wears off.

#### Managing Discomfort & Swelling

- Apply an ice pack to the outside of your face (20 minutes on, 20 minutes off) for the first 24–48 hours to minimize swelling.
- After 48 hours, switch to warm compresses if swelling persists.
- Take ibuprofen (Advil/Motrin) 400–600 mg every 6–8 hours with food unless contraindicated.
- Acetaminophen (Tylenol) 500–1000 mg every 4–6 hours may be taken alone or alternated with ibuprofen.
- Take all prescribed medications (antibiotics, etc.) as directed and complete the full course.

#### Bleeding Control

- Bite gently on the gauze pad provided for 30–60 minutes after your appointment.
- If bleeding continues, fold fresh gauze into a firm pad and apply pressure for another 30 minutes.
- Avoid spitting, rinsing forcefully, or using straws for the first 24 hours — these actions can dislodge the blood clot.
- Some oozing mixed with saliva is normal; bright red heavy bleeding is not — call us if this occurs.

#### Eating & Drinking

- Stay well hydrated. Drink plenty of water.
- Eat soft foods only for at least 1–2 weeks (eggs, yogurt, smoothies, mashed potatoes, soup).
- Do not eat on the implant side until instructed by your dental provider.
- Avoid hard, crunchy, chewy, or spicy foods that could irritate the site.
- Avoid hot liquids and alcohol for the first 24 hours.
- Do not use a straw for at least 48 hours.

## Oral Hygiene

- Do not brush or floss directly at the implant site for the first 24 hours.
- Gently rinse with warm salt water (1/2 tsp salt in a cup of warm water) starting the day after your procedure, 3–4 times daily.
- If prescribed a chlorhexidine rinse, use it as directed.
- Resume gentle brushing around (not on) the implant site after 24 hours.
- Maintain excellent oral hygiene in all other areas of your mouth.

## Activity & Lifestyle

- Rest for the remainder of the day. Avoid strenuous physical activity for at least 48–72 hours.
- Keep your head elevated when lying down to reduce swelling.
- Do not smoke or use tobacco products — smoking significantly impairs healing and implant integration.
- Avoid alcohol for at least 48 hours, or longer if you are taking prescription medications.

## When to Contact Our Office

- Excessive or uncontrolled bleeding that does not stop with pressure.
- Severe or increasing pain not relieved by medication.
- Significant or worsening swelling after 72 hours.
- Fever over 38°C (100.4°F), chills, or feeling unwell.
- The implant cover screw or healing abutment feels loose or has fallen out.
- Numbness, tingling, or altered sensation that persists beyond 24 hours.

### Questions or Concerns? We're Here to Help.

Call: 780-942-4691 | Text: 855-577-1105 | [redwaterdentalclinic.com](http://redwaterdentalclinic.com)  
4940 48 St, Redwater, AB | After-hours: leave a voicemail and we'll respond promptly.

*This handout is for informational purposes only and does not replace professional dental advice. Always follow the specific guidance provided by your dental provider.*