



POST-OPERATIVE INSTRUCTIONS

After Dental Implant Surgery

Restorative · Cisco Dental — Dental Fitness

A dental implant is a titanium root placed in the bone, which then fuses to it over the following weeks — a process called osseointegration. Gentle, disciplined care in the early days sets up that fusion for success.

Protect the site — first 24 hours

- Bite on gauze as directed to control oozing; light bleeding for a day is normal.
- Do NOT rinse forcefully, spit, use a straw, or smoke — suction and smoke both threaten healing.
- Do not lift or pull your lip to look at the site; this can stress the surgical area and any sutures.

Swelling & comfort

- Swelling and bruising that peak around day 2–3 are expected. Use a cold pack on the face, 20 minutes on / 20 off, for the first day.
- Take all medication exactly as prescribed, and finish antibiotics completely — this matters for implant success.

Eating

- Stay with soft, cool, nutritious foods for the first few days and chew away from the implant.
- Stay well hydrated with water; avoid alcohol while taking prescription medication.

Hygiene

- Keep the rest of your mouth clean by brushing normally, avoiding the surgical site for the first day.
- Begin gentle warm salt-water rinses the day after surgery; if a prescription rinse was given, use it as directed.
- If sutures were placed, they may be dissolvable or removed at a follow-up — we will tell you which.

The long view

- The implant heals beneath the gum for several weeks to a few months before the final tooth is attached. Keep every follow-up so we can confirm it is integrating well.



When to call us

Call our office at (254) 442-2000 if you experience any of the following:

- Bleeding that does not slow with steady pressure after 45–60 minutes
- Swelling that worsens after the third day rather than improving
- A fever, chills, or a bad taste/odor that does not resolve
- Pain that increases after day 3, or is not controlled by the plan below
- Any reaction to a prescribed medication (rash, hives, trouble breathing — for breathing trouble, call 911)