

Post-Operative Instructions: Tooth Extraction with Immediate Implant Placement

Thank you for trusting us with your care. Following these instructions will help ensure optimal healing and the success of your procedure. If you have any questions or concerns, do not hesitate to contact our office.

1. Immediately After Surgery

- **Gauze Placement:** Keep the gauze pad over the surgical site for at least **30–60 minutes**, applying gentle but firm pressure. Replace with new gauze as needed until the bleeding subsides.
- **Bleeding:** Some bleeding is normal for the first 24 hours. If bleeding persists:
 - Bite on a dampened tea bag (black tea) for 30 minutes. The tannic acid helps constrict blood vessels.
 - Avoid spitting, sucking through a straw, or vigorous rinsing, as these actions can dislodge the blood clot or disturb the implant site.

2. Diet

- **Day 1–3 (Liquid & Soft Foods Only):**
 - Stick to cool or room-temperature liquids and soft foods like smoothies, yogurt, applesauce, mashed potatoes, and protein shakes.
 - Avoid hot foods and beverages to prevent irritation to the surgical site.
 - Avoid foods with small seeds (e.g., raspberries, strawberries) or hard textures that could disrupt the implant site.
 - For the most optimal outcome it is recommended to remain on a liquid & soft food diet for two weeks following surgery.
- **Day 4 Onward:**
 - Avoid chewing on the side of your implant for 4 months while the implant integrates into your body. An implant is weakest at the 2 month mark.
 - Gradually reintroduce normal foods as tolerated, avoiding hard, crunchy, or chewy foods near the implant area until your dentist advises.

3. Pain and Discomfort Management

- **Medications:**
 - Complete your round of antibiotics as prescribed. If you experience severe GI issues, contact the office.
 - Take prescribed pain medications as directed.
 - Over-the-counter options (e.g., ibuprofen and acetaminophen) can be used if not contraindicated.
 - **Swelling:** Apply an ice pack to the cheek near the surgical site for 15 minutes on, 15 minutes off, during the first 24–48 hours.
 - **Head Elevation:** Keep your head elevated when resting to reduce swelling and bleeding. Sleep with your head elevated on pillows for the first 3 nights.
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4. Oral Hygiene

- **First 24 Hours:**
 - Do not rinse, spit, or brush near the surgical site.
 - Maintain oral hygiene by carefully brushing and flossing other areas of your mouth.
 - **After 24 Hours:**
 - Begin gentle rinsing with a room-temperature saltwater solution (1/2 teaspoon of salt in 8 oz of warm water) after meals and before bed.
 - Avoid using alcohol-based mouthwashes for at least 14 days, as they can irritate the implant site and increase the risk of complications.
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5. Activity

- **Rest:** Limit physical activity for the first 72 hours. Avoid heavy lifting or strenuous exercise. Keep your heart rate below 100 BPM to minimize the risk of complications.
 - **Avoid Smoking/Vaping:** These can interfere with healing and the success of the implant. Refrain for at least 2 weeks.
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6. Protecting the Implant Site

- **Avoid Pressure:** Do not touch the surgical site with your tongue, fingers, or any objects.
 - **No Suction:** Avoid using straws or performing any action that creates suction, as this may dislodge the implant or disturb the clot.
 - **Care for Platelet Rich Fibrin Membranes:** If PRF was used, it will gradually integrate into your tissue over the next 14 days. It can do this best when protected and undisturbed.
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7. Possible Symptoms

- **Swelling/Bruising:** Peaks around 72 hours and may include yellow, blue, or orange discoloration on the face. This is normal and will subside within a week.
 - **Mild Numbness:** Temporary numbness is common due to local anesthesia. Contact our office if it persists beyond 24 hours.
 - **Implant Area Sensitivity:** Mild discomfort or awareness of the implant is normal. Contact us if pain becomes severe.
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8. When to Call Our Office

Contact us immediately if you experience:

- If your pain begins to worsen around day 4 following surgery.
 - Uncontrolled bleeding (does not stop after 30 minutes of firm pressure).
 - Severe pain unrelieved by prescribed medications.
 - Swelling that worsens after 3 days or is accompanied by fever.
 - Signs of infection (e.g., pus, foul taste, redness, or warmth at the site).
 - Persistent numbness, tingling, or other unusual symptoms.
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9. Follow-Up Appointments

- **Implant Placement Follow-Up:** Attend all follow-up appointments as scheduled to monitor healing and implant integration.
 - Notify us immediately if you experience any issues before your next appointment.
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10. Reminders

- Complete your course of antibiotics if prescribed.
 - Take ibuprofen (unless contraindicated) for the first 4 days, even if you are not in pain, to reduce swelling.
 - Avoid alcohol if taking prescription pain medications or antibiotics.
 - Stay hydrated and maintain a nutritious diet to support healing.
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11. Implant Timeline

- The typical timeline for completing a single dental implant is approximately **4.5 months** from the day of surgery.
 - **Post-Operative Check-Up:** Two weeks after surgery, you will have a follow-up appointment to assess healing and ensure the implant site is progressing as expected.
 - **Abutment Placement:** Around **four months** after surgery, you will return for an appointment to attach the abutment to your implant and prepare the site for the crown.
 - **Permanent Crown Placement:** Approximately **two weeks after the abutment appointment**, you will return to have your permanent crown cemented or attached.
 - If you are undergoing a **full mouth rehabilitation** or receiving multiple implants, this timeline and sequence of appointments may vary based on your treatment plan. Your dentist will provide a customized schedule tailored to your needs.
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Contact Us

If you have any concerns or questions, please don't hesitate to reach out:

 **Dr. Hunt's Emergency phone Number: (253) 220-6444**