



(510)792-7888  
info@fremont.dental

46921 Warm Springs Blvd.  
Suite #203 Fremont, CA 94539

## Instructions after the Placement of Dental Implants

### Bleeding

It is normal for saliva to be slightly streaked with blood. To stop active bleeding, place a moist piece of gauze or a cold wet squeezed tea bag and apply pressure by biting on it for 30 minutes. If necessary, repeat this application of pressure. Keep your fingers and tongue away from the surgical site.

### Rinses

Do not actively rinse your mouth until the day after surgery. Then, for the next 72 hours, rinse mouth with warm salt water. After the 72 hours, continue rinsing with warm salt water or switch to a mouth rinse such as Peridex or Listerine. Repeat this twice a day for 5 days. For warm salt water: 1 teaspoon salt and 1 cup water

### Swelling

In some cases, puffiness and swelling may result and should not be a cause for alarm. Swelling may be kept to a minimum by holding a cold pack on the outside of your face, adjacent to the surgical area for the first 8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.

### Diet

To prevent any inadvertent food particles from contaminating or injuring your surgical site, you **should only have soft and mashed foods around the surgical site during the first 2 weeks**. Some examples are fruit juices, ice cream, soups, tofu, Carnation Breakfast Essentials, custards, mashed potatoes, peas, corn, and any food mashed in blender. **Smoking and drinking should be avoided as much as possible, especially for the first 4 weeks.**

### Sleeping

Keep your head elevated with 2 pillows while sleeping the night of the surgery.

### Medication

Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:

- a. ALL MEDICATIONS MAY PRODUCE ALLERGIC REACTIONS AND/OR SIDE EFFECTS.
- b. NARCOTICS MAY IMPEDE DRIVING, USING MACHINERY AND MENTAL ALERTNESS.
- c. ANTIBIOTICS MAY NEGATE BIRTH CONTROL MEDICATIONS. USE ALTERNATIVE METHODS.

### Denture

Avoid wearing dentures for as long as is practical. It is essential that the dentures do not apply adverse pressure on the implants. Insertion of dentures too soon may jeopardize a successful healing process especially if they are used for mastication.

### Concerns

If you have any doubts or concerns, please call us at (510)792-7888 or email info@fremont.dental