

# University Dental Associates

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## Post-OP Instructions for Dental Implant:

- **Bleeding:** Bleeding follows any surgery and should not alarm you unless it is excessive or persistent. Bleeding after a dental implant is usually minimal. Bleeding can usually be controlled by placing a firm roll of moist gauze directly over the bleeding area and exerting continuous pressure by closing the teeth firmly together for 30-45 minutes. Change the gauze every 30 minutes with continuous pressure for approximately 2 hours after surgery. If bleeding persists or becomes heavy you may substitute a tea bag (soaked in hot water, squeeze damp dry and wrapped in a moist gauze) for 20 to 30 minutes.
- **Antibiotics:** If antibiotics were prescribed, take them as directed. Be sure to continue all medications as directed on the label until finished, unless you develop nausea, vomiting, skin rash, or diarrhea.
- **Diet:** After a dental implant, the area may be sore for several days, avoid eating in that area if the area is sore. Otherwise there are no dietary restrictions.
- **Exercise:** No restrictions
- **Smoking:** No smoking for 48 hours
- **Swelling:** Swelling may occur after any surgical procedure. If a large amount of swelling occurs notify the office immediately. To control swelling the day of surgery use an Ice pack (15 minutes on and 15 minutes off).
- **Pain:** Pain is normal following any surgical procedure and should not be alarming unless pain persist for a prolonged period of time. Take pain medication as directed.

Proper care following oral surgical procedures will improve your healing time and prevent complications. If any unusual symptoms occur or complications occur, please call our office at once, 979 846-0353.