

Post-Operative Instructions For Dental Implants

The doctors and staff at Dr. Elliott Johnston's office are here to ensure that your recovery goes smoothly and the healing process moves as quickly and painlessly as possible. Below is a list of helpful post- surgery guidelines. Please do not hesitate to call if your question is not answered below.

Rest for the first 48 to 72 hours.

It is advisable to keep quiet and generally take it easy for 48 to 72 hours after your surgery. Rest facilitates healing while strenuous activity may cause renewed bleeding for 7-10 days. While resting, be sure to keep your head elevated at all times.

Drink Plenty of Fluids

- It is helpful to drink plenty of fluids, preferably warm or at room temperature.
- Start with clear liquids (Sprite, 7-Up), progressing to soft foods (soup, mashed potatoes, soft eggs, puddings) for several days. DO NOT chew on implants or bone graft.

Use Ice Pack

- Apply ice pack to face, alternating 20 minutes on and 20 minutes off for the first 24 to 48 hours after surgery.

Bleeding is to be Expected

- Slight bleeding mixed with saliva is customary up to 48 hours after your surgery.

You can expect to be uncomfortable for the first day after surgery. The second day you may be even more uncomfortable, with swelling and possible discoloration in areas of cheeks and along the jaw line due to possible slight bruising. The third day is generally a little better, with rapid improvement on the fourth day.

Do not take liquids through a straw

- Do not take liquids through a straw. This creates an inward suction and causes tension on your sutures, which could interfere with healing.

Do NOT smoke

- Do NOT smoke. Smoking creates a two-fold problem. It creates a harmful inward suction, as well as introducing nicotine, which is harmful to the tissues of the mouth.

Gently Rinse

- Avoid vigorous rinsing during the first week. Begin gently rinsing your mouth the day after surgery. Rinse with warm salt water 3-4 times daily, especially after mealtime. (To rinse, gently place water in your mouth and tilt your head from side to side in a slow motion. Empty your mouth by standing over a sink and just let the liquid fall out into the basin – DO NOT SPIT!)

Slight elevation of temperature (1 to 2 degrees) is normal. Please notify our office if it persists.

If you have excessive bleeding, place a teabag in lukewarm water, squeeze out excess water, and wrap it in gauze. Bite down on the wet bag for up to 30 minutes. The tannic acid in the teabag should help to stop the bleeding. If bleeding continues, contact our office immediately.



We know that you are anxious to see the results of your surgery, but please do not forcibly pull your lips or cheeks away to inspect the surgical site. This action could possibly tear your sutures.

Prescription Medicine

- Take your medications as prescribed. To avoid stomach discomfort, be sure to eat or drink something before taking your medication.
- If upper implants were placed, please do not blow your nose for two weeks. Take decongestants as directed by your physician.
- Avoid alcohol consumption for approximately one week after surgery. As long as you are on pain medication, please refrain from alcohol usage entirely. Alcohol dissolves blood clots and interferes with actions of other medications. (Combining alcohol and drugs can cause serious problems.)

Dental Fitting

- Do not wear your partial or denture until your doctor has adjusted it and given you permission.

Thank you for choosing us for your dental implant needs. If you have any questions, please do not hesitate to call us at 334-687-0088.