



Implants and Oral Surgery

After any oral surgery or implant placement, it is normal to have some bleeding and discomfort off and on for 24 - 48 hours. If the bleeding is extensive and uncontrollable please visit an emergency room and call our office. Remember, though, a little bit of blood mixed with saliva can look like a lot of bleeding. Below are a few simple instructions that will help you in your healing process.

1. If we placed a gauze pack continue to put pressure on it for 30-45 minutes. This helps a blood clot form and is necessary for normal healing. Replace it as needed by folding a 2x2 gauze and biting on it over the extraction area.
2. **DO NOT** suck on the extraction site or disturb it with your tongue. **DO NOT** play with implant surgical site or the healing screw with your tongue as it heals.
3. **DO NOT** smoke, spit, drink through a straw, drink alcohol for at least 48 hours following surgery. Sometimes after several days the blood clot can be dislodged causing a dry socket that can be painful. Call our office so that we can help if this happens.
4. To help reduce discomfort and pain, try using a ice bag or cold moist cloth on your face. We may give you special instructions on how often to use a cold compress.
5. Take prescribed medications completely as directed. Avoid driving and operating machinery if taking pain medications.
6. Stay with a soft diet until you are comfortable and all swelling in the surgical area is gone.
7. Rinsing with warm salt water (after the first 48 hours) will help the tissue healing process (1/2 tsp salt to 8 oz. warm water - 2 times daily).
8. Avoid strenuous activity (jogging, heavy lifting, aerobics) for 48 hours. This can dislodge the blood clot and make it hard to form.



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