



TCD SPECIALTY GROUP

A Division of Total Care Dental & Orthodontics
ortho | endo | pedo | os | perio

Dental Implant After-Care Instructions

Please review these instructions carefully to **support healing and comfort** after your procedure.

Mild discomfort is normal. Most patients recover quickly with proper care.



What Is Normal After Your Procedure

- Mild soreness or tenderness near the implant site
- Swelling of the gums or jaw
- Minor bruising of the surrounding tissue
- Light bleeding or oozing for the first 24 hours

These symptoms are common and should improve each day.



Managing Discomfort & Swelling

- Take prescribed medications exactly as directed
- Over-the-counter pain relievers (such as ibuprofen or acetaminophen) may be used, unless your provider advises otherwise.
- Apply an ice pack to the outside of your face (20 minutes on, 20 minutes, off) during the first 24 hours



Eating After Your Implant

- Wait until numbness has worn off before eating; begin with soft foods for 24–48 hours
- Avoid hot foods or drinks on the day of surgery, and do not use straws for at least 72 hrs
- Chew away from the implant site to protect healing



Keeping the Area Clean

- Continue brushing and flossing, avoiding the implant area for the first few days
- Do not rinse vigorously for the first 24 hrs
- After 24 hours, gently rinse with warm salt water if recommended
- Keep fingers and tongue away from the surgical site



Important

Dental implants require time to properly bond with the bone. Avoid smoking, vaping, or using tobacco products during healing, as these may increase the risk of implant failure.

Need help or have questions? We're here for you.

Please contact us promptly if you notice any of the following:

- Severe pain that does not improve
- Swelling that increases after **2–3 days**
- Fever or signs of infection
- A cracked, loose, or missing temporary restoration

Contact our office:  **866-TCD-0003**  www.tcdsg.com