



**STAMFORD
DENTAL
STUDIO**

IMPORTANT: PROTECT THE BLOOD CLOT

After your dental implant procedure, a blood clot forms at the surgical site. This clot is essential for proper healing and implant success.

For the first 48 hours:

- DO NOT rinse your mouth forcefully
- DO NOT use straws
- DO NOT smoke or vape
- DO NOT touch the surgical area with your tongue or fingers

Failure to follow these instructions may lead to complications and delayed healing.

BLEEDING

Slight bleeding or oozing is normal within the first 24 hours.

To control bleeding:

- Bite gently but firmly on gauze for 30–60 minutes
- Replace gauze every 30–45 minutes if needed
- Keep your head elevated when lying down
- Avoid bending, lifting, or strenuous activity

If bleeding continues heavily after several hours, please contact our office.

SWELLING

Swelling is a normal part of healing and typically peaks within 48–72 hours.

To minimize swelling:

- Apply ice packs to the outside of your face (20 minutes on / 20 minutes off)
- Continue icing for the first 24 hours
- After 24 hours, warm compresses may help reduce stiffness

PAIN & DISCOMFORT

Mild to moderate discomfort is expected after the procedure.

- Take all prescribed medications as directed
- Do not wait until pain becomes severe
- Avoid alcohol while taking medications
- Do not drive or operate machinery if you feel drowsy

INFECTION PREVENTION

Infections are uncommon but possible after surgery.

To reduce risk:

- Take antibiotics exactly as prescribed
- Keep the area clean
- Avoid smoking (this significantly increases implant failure risk)

SUTURES (STITCHES)

- Dissolvable sutures typically dissolve within 5–10 days
- Non-dissolvable sutures will be removed by your dentist

Do not pull or disturb stitches.

ORAL HYGIENE

Good oral hygiene is essential for healing.

- Do not brush the surgical site for the first 24 hours
- After 24 hours, brush gently around the area
- Rinse with warm salt water ($\frac{1}{2}$ teaspoon salt in 8 oz water) 2–3 times daily after 24 hours

Avoid aggressive rinsing.

DIET INSTRUCTIONS

First 24 hours:

- Stick to cool liquids (water, juice, smoothies)

Days 2–5:

- Soft foods only:
 - Yogurt

- Mashed potatoes
- Scrambled eggs
- Pasta

Avoid for at least 1–2 weeks:

- Hard or crunchy foods
- Nuts, seeds, chips
- Sticky foods
- Hot foods (first 24 hours)

ACTIVITY RESTRICTIONS

- Rest for the first 24 hours
- Avoid physical exercise for at least 5 days
- Avoid bending or heavy lifting
- Sleep with your head elevated

Increased heart rate can lead to bleeding and complications.

HEALING TIMELINE

- Day 1–3: Swelling and mild discomfort
- Week 1: Soft tissue begins healing
- 1–3 Months: Implant integrates with bone (osseointegration)
- Final Stage: Crown placement

Healing times may vary by patient.

WARNING SIGNS – CONTACT US IMMEDIATELY

Call our office if you experience:

- Heavy or uncontrolled bleeding
- Severe pain not relieved by medication
- Swelling that worsens after 3 days
- Fever above 101°F
- Pus, bad taste, or unusual discharge
- Difficulty swallowing or breathing

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