Your Guide to Healing After Implant Surgery

First 24 Hours

No hot drinks like tea or coffee - give your mouth time to start healing.

Starting the Day After Surgery

Begin salt water rinses (¼ to ½ teaspoon of salt in a warm cup of water) after every meal to keep your mouth clean.

Use Corsodyl mouthwash 3 times daily after brushing your teeth.

Take It Easy

For 7-10 days, avoid intense activities like the gym, running, or heavy lifting.

Keep Your Mouth Clean

Brush gently with a soft toothbrush and keep up your regular hygiene routine.

Dont use an electric toothbrush in the area and avoid brushing the area for the first night.

Smoking & Alcohol

No alcohol for 7 days - it can slow healing.

No smoking for 2 weeks - this affects blood flow and healing.

If you do smoke, take 500mg of Vitamin C daily for at least 4 weeks to support recovery.

Wearing Dentures?

Check with your dentist before wearing your dentures again.

Take them out as much as possible during healing.

Never force them in. If they hurt, stop using them and contact your dentist.

Medication

Take any prescribed antibiotics exactly as instructed.

Finish the full course, even if you feel better.

Experiencing a reaction? Contact the practice right away.

Eating Tips

Stick to a soft food diet for 2 weeks.

Avoid crusty, crunchy foods and do not use a water flosser.

Don't explore the area with your tongue!

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If You Had a Sinus Lift

Don't blow your nose for 2 weeks.

Avoid flying and swimming during this time.

If you need to sneeze - do so with your mouth open.

Sleeping

Sleep with an extra pillow under your head for the first 2-3 nights to reduce swelling.

Managing Pain

You may feel sore and swollen - this is normal.

Take 600mg of Ibuprofen and 1g of Paracetamol, alternating every 3 hours (e.g. Ibuprofen, then 3 hours later Paracetamol).

Never exceed the recommended doses.

Important

Do not pull your lip or try to look at the surgical site.

This can interfere with healing and reduce the success of the implant.

When to Call Us

Get in touch if you notice any of the following:

- Numbness lasting more than 6 hours
- Stitches coming loose
- Excessive pain or bleeding

FOR EMERGENCY USE ONLY - Call 07450260656 - Dr. Divyesh Sonigra

Bleeding

Light bleeding or pink saliva is normal.

If bleeding continues:

1. Place a damp gauze pad over the area.
2. Apply gentle pressure for 15 minutes.
3. Repeat up to 3-4 times if needed.

Still bleeding? Call us or if our of hours you may need to go to A+E or call an ambulance.

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What to Expect

Pain: You may feel discomfort for the first 2-3 days, which should improve by day 4-5.

Swelling: May reach your cheek, neck, or eye area. Often peaks around days 3-4 and improves from there. In cases of bone grafts, the swelling can last up to 2 weeks. Use ice packs in 15-20 minute intervals (up to 1 hour total per day) during the first 2 days.

Infection: If swelling or pain gets worse after day 4 or you are concerned, please do not hesitate to contact us.