



After Care – Implants

If you have received dental implants — artificial tooth roots — as a solution for anchoring dental prostheses such as single replacement tooth or a dental bridge, proper after care is important. Minor bleeding, redness, and swelling are normal after implant surgery. Fortunately, following the after-care practices below will help reduce your pain level and speed the healing process.

- **Be careful: When your mouth is numb, it's very easy to bite your tongue or the inside of your cheek.** Immediately after implant surgery, you can expect to notice numbness near the affected area of your mouth; you'll also have a numb tongue and lips!
- **If the dental implant area continues to bleed,** place a sterile gauze pad on the area and bite down on it firmly. Maintain pressure for a half-hour, and the bleeding should have stopped. If it does not stop, call us right away.
- **If you are experiencing discomfort and swelling in the implant area,** you may apply an ice pack wrapped in a soft cloth to the outside of your cheek closest to the implant.
- **Take any prescribed pain medication when the anesthetic wears off;** if not prescribed pain medication or pain is mild to moderate, take over-the-counter Tylenol, Advil, or Motrin in the normal dose.
- **It's best to avoid hot or hard foods on the day your implants are placed.** Instead, drink plenty of fluids and soft foods that day. However, return to your normal diet the following day if at all possible.
- **Do not rinse, spit, or touch the implant area after your surgery.**
- **Keep physical activity low after surgery** so you don't disturb the implant site, causing yourself discomfort or unnecessary bleeding.
- **Use sensitivity-reducing toothpaste** if you experience any sensitivity to hot or cold foods and drinks in the weeks following your implant surgery. (You may also notice temporary sensitivity to sweet foods, air, or extreme temperatures.) **If your sensitivity lasts more than two weeks, please call our office.**

As with any dental procedure, after-care is important after receiving dental implants. Implants fuse to your jawbone, becoming a permanent part of your mouth. They should last a lifetime, as long as you continue practicing good dental hygiene and receiving regular checkups with Dr. Welch.

