

**Implant and Bone Graft  
Post Operative Care**



**SUBURBAN ORAL SURGERY  
AND IMPLANT CENTER**

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**Bleeding**

Excessive bleeding is unusual following implant placement and bone grafting procedures. In fact, very little bleeding is expected. If bleeding occurs bite down on gauze for 1 hour, or until bleeding has stopped. Extra gauze will be provided if bleeding resumes. Oozing of blood is normal for the first 24 hours.

**Rinsing**

Rinse mouth with warm saltwater after every meal for the first week. Brush your teeth as usual but be gentle around the areas of surgery. If a prescription mouth rinse was prescribed, rinse with prescription twice a day as directed. Continue to rinse with salt water two to three times a day while on prescription mouth rinse.

**Swelling**

Swelling following placement of an implant or bone graft should be minimal. Post operative swelling will occur during the first 48 hours and begin to resolve after 72 hours. To minimize the swelling you may apply ice the area, 15 minutes on then 15 minutes off and so forth.

**Diet**

Stay on a strict soft diet for the first week following surgery. (i.e. soups, juices, milk shakes, mash potatoes, etc.) Good nutrition is necessary for normal healing.

**Smoking**

Limit or avoid smoking as long as possible after surgery. Smoking can delay healing and lead to symptoms for a dry socket.

**Medications**

Take and finish your prescription for antibiotics (i.e. penicillin, amoxicillin, etc.) as directed. Antibiotic medication may decrease the effectiveness of birth control pills. Take your first dosage of the prescribed pain medication before the local anesthesia wears off. The local will last about 2 hours. Do not take the prescription pain medication on an empty stomach. Do not drive or operate heavy machinery while taking the prescription pain medication. Avoid alcoholic beverages while taking prescription pain medication. For minor discomfort, you can take two tablets of acetaminophen (Tylenol) or ibuprofen (Advil) every 4 hours.

**Bone Grafting**

If a bone graft was placed, extra sutures/ stitches may be placed. Some sutures will dissolve on their own in 7-10 days. Some sutures will have to be removed a week or two after surgery. It is normal to lose some very small bone particles from the graft. A soft diet is imperative for optimum healing of the bone graft.

**IN CASE OF ANY UNUSUAL OCCURRENCES,  
PLEASE CALL OUR OFFICE 24-HOUR  
EMERGENCY SERVICE  
(630) 972-1599**