

on the opposite side of your mouth.

After the first 24 hours, you can begin to return to your usual diet, but continue to chew on the opposite side. Avoid very hot or spicy foods until your gums are healed. We'll evaluate your situation to determine how soon you can chew on the implant.

Brushing and flossing

For the first 14 days, gently wipe the implant site with gauze or a cotton swab. After that, brush the area gently with a soft toothbrush.

Don't floss the site for four weeks. We will evaluate the healing and adjust your brushing and flossing timetable as necessary.

Brush and floss your other teeth normally.

If we have recommended a mouthrinse, use it as directed.

Medication and discomfort

If antibiotics or other medicines are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

To control discomfort, take pain medication before the anesthetic has worn off or as recommended. It's normal to experience some discomfort for several days after surgery.

To reduce discomfort or swelling for the first 24 hours following surgery, use ice packs, 20 minutes on and 20 minutes off.

To reduce discomfort after the first 24 hours, apply moist heat.

To further reduce discomfort after the first 24 hours, you can rinse your mouth very gently three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water.