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## POST-OPERATIVE INSTRUCTIONS

### *Implant Surgery*

Patient Name: \_\_\_\_\_ Date of Surgery: \_\_\_\_\_

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*Please follow these instructions carefully. They are designed to support your healing and minimize the risk of complications. If you have any questions or concerns at any time, call our office at (905) 936-4663.*

### Day 1 — Immediately After Surgery

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Continue biting gently on the gauze provided for 30–60 minutes following your procedure. Replace the gauze as needed until bleeding is controlled.

*Do NOT spit, rinse forcefully, or suck through a straw for the first 24 hours. These actions can dislodge the blood clot at the surgical site and delay healing. When your mouth fills with saliva, allow it to passively drain rather than spitting.*

Do not smoke for at least 24 hours following surgery — ideally for several weeks. Smoking significantly impairs healing and increases the risk of implant failure.

Avoid heavy lifting, vigorous exercise, or any strenuous physical activity for the first week. Rest is one of the most important things you can do to support healing.

### Day 2 — What to Expect

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By the second day, you may experience one or more of the following — all of which are normal:

- Mild to moderate pain or discomfort around the surgical site
- Swelling of the face, jaw, or cheek
- Bruising of the gum tissue or skin
- Some stiffness or limitation in opening or closing your mouth

*These symptoms are a normal part of the healing process. They typically peak around days 2–3 and then gradually improve. Listen to your body and rest as needed.*

### Oral Hygiene

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**Brushing:** Brush gently. A soft-bristled toothbrush will be provided or recommended to clean the teeth around the implant site. Take care not to disturb the surgical area directly.

**Rinsing:** Beginning the day after surgery, you may gently rinse with a warm saltwater solution (1/2 teaspoon of salt dissolved in 8 oz of warm water) after meals to keep the area clean. Allow the rinse to passively drain from your mouth rather than spitting forcefully.

*Do not use commercial mouthwashes (such as Listerine) unless specifically prescribed. If chlorhexidine has been prescribed, use it as directed.*

## Swelling

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Apply a cold compress or ice pack (wrapped in a cloth) to the outside of your cheek at 20-minute intervals — 20 minutes on, 20 minutes off — for the first 24 hours. This helps minimize swelling.

After the first 24 hours, switch to warm compresses at 20-minute intervals to help disperse residual swelling.

Swelling typically begins to diminish within 72 hours. If swelling is not improving or is worsening after 72 hours, contact our office.

## Bleeding

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Some oozing of blood and blood-tinged saliva is normal for the first 12–24 hours after surgery.

If you experience excessive or persistent bleeding, apply firm pressure to the area using 1–2 folded gauze pads or a damp tea bag (the tannic acid in black tea aids clotting) for 30–60 minutes. Keep your head elevated and remain calm.

*Call our office immediately if bleeding does not subside after 60 minutes of firm, continuous pressure.*

## Diet

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Drink plenty of fluids and maintain a soft diet for the first several days. Good options include:

- Smoothies (without a straw), yogurt, applesauce, pudding
- Broths, blended or pureed soups
- Scrambled eggs, mashed potatoes, soft rice
- Orange juice and other non-acidic beverages

*Avoid cereals, nuts, seeds, crunchy or hard foods, and anything heavily spiced for at least the first week. It is normal to experience some tenderness while chewing and minor difficulty opening your mouth wide during this period.*

## Stitches

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Sutures (stitches) have been placed at the surgical site. Please do not disturb them with your tongue, fingers, or any object.

Most sutures are dissolvable and will loosen and fall out on their own within 7–10 days. If they begin to unravel before that, there is no cause for concern — simply discard them.

At your one-week follow-up appointment, Dr. Filo will remove any remaining sutures and assess your healing.

## Dentures and Partial

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If a denture or partial was placed immediately following your implant surgery, wear it continuously for the first 24 hours. This helps control swelling and protects the surgical site.

After the first 24 hours, remove the denture or partial as much as possible to allow the tissue to heal undisturbed.

A follow-up appointment will be scheduled at 24 hours or one week after surgery to adjust your denture or partial, as sore spots or fit issues are common during the healing period.

## Medications

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**Antibiotics:** If antibiotics have been prescribed, take them exactly as directed and complete the full course — even if your symptoms resolve before the medication is finished.

**Pain medication:** If a prescription pain medication has been provided, take it as needed for the first few days. Most patients find that over-the-counter options such as ibuprofen (Advil) or acetaminophen (Tylenol) are sufficient to manage discomfort. Follow the recommended dosages on the packaging and avoid taking ibuprofen on an empty stomach.

*Do not take ibuprofen and acetaminophen together without guidance from your physician. If you are unsure which pain medication to take given your medical history, call our office.*

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## When to Call Our Office

Contact Simcoe Dental Implants at (905) 936-4663 if you experience any of the following:

- Bleeding that does not subside after 60 minutes of firm pressure
- Swelling that worsens or does not begin to improve after 72 hours
- Severe or worsening pain after the third day post-surgery
- Fever above 38.5°C (101.3°F)
- Discharge, unusual odour, or a bad taste from the surgical site
- Any unusual disturbances, concerns, or post-surgical problems

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*We are here to support you through every stage of your recovery.*

**Call: (905) 936-4663 | Email: [info@simcoedentalimplants.ca](mailto:info@simcoedentalimplants.ca)**