



# Dental Implant – Pre-Op and Post-Op Instructions

## ✓ Pre-Operative Instructions

1. **Medical and Medication Info**
    - Inform us of all medications and health conditions.
    - Stop or adjust medications only if directed.
  2. **Eating/Drinking**
    - Eat a light meal beforehand.
  3. **Transportation**
    - Arrange a ride home if sedation is used.
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## ♥ Post-Operative Instructions

### 🩸 Bleeding

- Bite on gauze for 30–60 minutes. Mild bleeding for 24 hours is normal.

### ❄ Swelling

- Apply ice to the cheek (20 mins on/off) for the first 24 hours.

### 💊 Pain Management

- Take prescribed pain meds or over-the-counter pain relief as directed.

### 🍴 Diet

- Soft foods only for the first 3–5 days.  
Avoid chewing on the implant site until cleared.

### 🦷 Oral Hygiene

- Do not brush the surgical area for 48 hours.
- Use warm salt water rinses after meals (starting after 24 hours).

### ⚠ Call Us If:

- Bleeding persists beyond 24 hours
- You have signs of infection (fever, pus, severe pain)
- The implant feels loose