

Dental Implant Post-Op Instructions

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1. Comfort & Pain Management:

Take prescribed pain medication before the local anesthetic fully wears off.

Keep head elevated with pillows to minimize swelling.

2. Diet Guidelines:

Stick to a liquid or soft diet for the first few days. DO NOT chew directly on the new implant site. Stay hydrated.

3. Oral Hygiene:

DO NOT disturb the surgical area. Avoid touching it with fingers, tongue, or toothbrushes. Gently brush other teeth. Salt water rinses after 24 hours.

4. Avoid the Following:

- * Heavy exercise or heavy lifting for 48 hours.
- * Smoking or using straws, which can cause implant site complications.
- * Extremely hot foods or carbonated liquids for the first 24 hours.

In case of persistent bleeding, numbness, or high fever, call us immediately.