



IMPLANT - COSMETIC - SURGICAL

ICS Dental Studio - Dental Implant Aftercare Instructions

1. Immediate Post-Operative Care:

- **Bleeding:** Some bleeding is normal immediately after the surgery. Bite on a gauze pad gently but firmly for 30 minutes to control bleeding.
- **Swelling:** Swelling around the implant site is common. Apply an ice pack for 20 minutes at a time, with 20-minute breaks, for the first 48 hours to reduce swelling.
- **Pain Management:** You may experience some discomfort. Over-the-counter pain medications (as recommended by your dentist) can help manage pain.

2. Oral Hygiene:

- **Brushing:** Gently brush your teeth, including the implant site, with a soft-bristle toothbrush and a mild, non-alcoholic antimicrobial mouthwash as directed by your dentist.
- **Flossing:** Avoid flossing the surgical site initially, but continue regular flossing around adjacent teeth. Your dentist will instruct you on when to resume flossing the implant area.

3. Diet and Nutrition:

- **Soft Diet:** Stick to a soft diet for the first few days to avoid putting excess pressure on the implant site.
- **Avoid Hard Foods:** Avoid hard, crunchy, and chewy foods during the initial healing phase.
- **Stay Hydrated:** Drink plenty of water to promote healing.

4. Tobacco and Alcohol: Avoid smoking and alcohol consumption during the healing period, as they can impede the healing process and increase the risk of complications.

5. Follow-up Appointments: Attend all scheduled follow-up appointments with your dentist at ICS Dental Studio. These appointments are crucial to monitor your healing progress.

6. Healing Expectations:

- **Swelling and Bruising:** Swelling and bruising should subside within a few days to a week.
- **Discomfort:** Any initial discomfort should decrease as the healing process continues.



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- **Osseointegration:** The implant will gradually fuse with your jawbone over several months, during which you should not feel movement or discomfort.
- **Regular Activities:** You can usually resume normal activities within a day or two, but strenuous exercise should be avoided initially.

7. Suture Management:

- **Sutures:** If your dentist used sutures to close the surgical site, they will typically dissolve on their own within a week to ten days. Avoid disturbing or pulling at them. If non-dissolvable sutures were used, your dentist will provide instructions on when they should be removed.

8. Complications and Paraesthesia:

- **Paraesthesia:** While rare, paraesthesia (numbness or altered sensation) of the lips, tongue, or surrounding areas can occur, especially if the dental implant was placed near nerves. If you experience any persistent numbness, tingling, or loss of sensation in these areas, contact ICS Dental Studio immediately.
- **Other Complications:** If you notice any of the following issues, contact our practice promptly:
 - Severe pain that doesn't improve with prescribed medications.
 - Excessive bleeding that does not subside with pressure.
 - Persistent or worsening swelling after the initial days.
 - Signs of infection such as fever, pus, or foul taste in the mouth.
 - Loosening of the implant or any unusual movement.
 - Difficulty breathing or swallowing.