



## Post-Operative Guide: Same-Day Implant Supported Teeth

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### Section 1: First 24 Hours

#### What to Expect

- **Pain:** Varies based on how many teeth were removed and how complex the procedure was. Pain is usually highest the first 1–3 days. If pain increases sharply between days 3–7, call us.
- **Bleeding:** Normal for the first 24 hours. Blood mixed with saliva looks heavier than it is. A little bleeding at bedtime is fine—use a towel on your pillow.
- **Swelling:** Expected and usually peaks days 2–4, then decreases by days 7–10. Call if swelling increases again after days 3–7.
- **Sutures:** You may feel them. Leave them alone. They may fall out anywhere from 2–14 days.

#### Do NOT

- No rinsing for 24 hours.
- No spitting, straws, suction, or touching/pulling your cheek for 7 days.
- No smoking or alcohol for 7 days.
- No pressure on your face if you had bone grafting (for 3 months).
- No heavy activity (exercise, housework, sports) for 5 days.
- No hot foods/drinks for 7 days.
- No spicy, crunchy, carbonated, or acidic foods/drinks for 14 days.

#### Do

- **Pressure:** Leave gauze in place for 1 hour. If bleeding continues, replace every 30–45 minutes with dampened gauze.
- **Cold Packs:** 20 minutes on / 20 minutes off for the first 36 hours.
- **Medications:** Take everything as prescribed, with food unless told otherwise.
- **Oral Hygiene:**
  - No rinsing for 24 hours.
  - Start brushing your new teeth the day after surgery, but **do NOT brush the surgical site for 2 weeks.**
  - No Waterpik for 6 weeks.
  - Rinse gently with prescription rinse, Listerine, or warm salt water starting on day 2. Do NOT rinse vigorously.
- **Diet (extremely soft):** If you **can't easily pinch through it, don't eat it.** Blended, smooth, cool/cold foods only for the first 24 hours.

#### Examples – First 24 Hours

- Drinks: smoothies, protein shakes, iced tea, milk, Ensure/Boost (no straws)
- Foods: cold soup, cold mashed potatoes, applesauce, pudding, Jell-O, yogurt

#### Vitamin Support



Take a high-quality multivitamin including **Vitamin D**. We recommend the *DentaMedica Recovery Kit*.

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## **Section 2: Days 2–14**

### **What to Expect**

- **Pain:** Often worse on day 2. Usually improves by days 3–5 and mostly resolved by 10–14 days. Call if pain increases again between days 3–7.
- **Bleeding:** Light “oozing” is normal. Call if heavy bleeding continues past day 2.
- **Swelling:** Can worsen day 2, peaks days 2–4, improves days 5–10.
- **Bruising:** Normal; may last up to 7–14 days.

### **Do**

- **Warm Packs:** Optional after 36 hours; warm, not hot.
- **Diet:** Continue **soft diet only** (if you can pinch through it, you can eat it). Warm or cool foods are okay (never hot).

### **Diet Examples – Days 2–14**

- Breakfast: eggs, oatmeal
- Meals: soups, baked fish, stews, crock-pot meals, soft cooked vegetables, mac & cheese
- Drinks: apple cider, coffee/tea (warm only)

### **Vitamin Support**

Continue multivitamin with Vitamin D.

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## **Section 3: Day 15 and Beyond**

### **What to Expect**

- Pain and swelling should be minimal. Call if either increases.
- Sutures (if dissolvable) are usually gone by now.

### **Avoid**

- No Waterpik near the surgical area for 6 weeks.
- No pressure on grafted areas for 3 months.

### **Hygiene**

- Stop prescription rinse after week 2.
- Brush and floss carefully around the surgical area but keep things clean.
- Start Waterpik at **6 weeks**.

### **Diet (Long-Term Soft Diet)**

- **Rule: If you can’t easily pinch through it, DO NOT eat it.**
  - Biting into firm foods (chicken breast, steak, crusty bread) can make implants fail.
  - **Lower jaw:** soft diet for **3 months**.
  - **Upper jaw:** soft diet for **6 months**, or until cleared.
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#### **Section 4: What's Next?**

##### **Implant Integration**

Implants fuse to the bone over **3–6 months** depending on your health, grafting, and bone quality. **Chewing too soon is the #1 cause of implant failure.**

##### **Maintaining Your Results**

- Brush **twice daily** for 2 minutes (including along the gumline).
- Floss implants daily (different technique—ask us to show you).
- Water floss under the prosthesis twice daily after week 6.
- Dental cleanings:
  - Every **3 months** if you have a history of gum disease
  - Every **6 months** if you do not

##### **Important: Implant Disease Is Silent**

Implants have no nerves—problems don't hurt until severe. Routine checkups catch disease early before damage becomes permanent.

##### **Risk Factors for Implant Problems**

Avoid or manage these as much as possible:

- Previous periodontal disease
- Smoking/vaping of any kind
- Poorly controlled diabetes
- Cardiovascular disease
- SSRI medications
- Vitamin D deficiency

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##### **Emergency Contact**

Dr. John Thousand – 303-250-4091

Dr. Michael Romani – 559-300-9953

Dr. Hailey McKinley – 812-661-0931

Dr. Jessica Koster – 214-608-8046

*Take a look at our **Post-Op** video instructions for Same-Day Implant Supported Teeth by scanning this code*

