

**Wakad, our main clinic**

Prime City Center, A-6 & B-3, Datta Mandir Road, Shankar Kalat Nagar,
Wakad, Pune 411057

Mon to Sat: 9:30 am to 9 pm. Sun: closed

Hinjewadi

Office 102, Adora Commercial Wing, Bhumkar Chowk to Laxmi Chowk
Road, Hinjawadi, Pune 411057

Mon to Sat: 10 am to 9 pm. Sun: call to check

After implant surgery

What to do in the hours, days and months after implant surgery, and the signs that mean you should call us the same day.

Aftercare instructions

Issued October 2026

Also at cdicsmiles.com/instructions-after-implant/**Draft for review by Dr. Swapnil B. Patil, BDS****Call us straight away if**

- ◆ Pain you cannot control with the medicine we prescribed
- ◆ A high temperature
- ◆ A rash or itching after taking a medicine
- ◆ Heavy bleeding, or bleeding that does not slow after 30 minutes of firm pressure on a gauze pad
- ◆ Warm swelling that gets worse a few days after the surgery
- ◆ The implant, the healing cap or the temporary tooth feels loose

Call or WhatsApp **+91 97660 04270 or +91 99705 04270**.

Go to the nearest hospital emergency department, or call 108 for an ambulance, if you have:

difficulty breathing or swallowing, or swelling of the lips, face or throat after taking a medicine; swelling that spreads towards the eye or down the neck.

These instructions follow the clinic's own aftercare for implant surgery. Following them closely keeps you comfortable and helps the implant heal; skipping them can mean more discomfort and can affect the result.

The first hours

- **Numbness.** The local anaesthetic keeps the area numb for several hours. Take care not to bite, chew, pinch or scratch your numb lip, cheek or tongue.
- **Painkiller before the numbness wears off.** Take the painkiller we prescribed exactly as prescribed, with food or milk to avoid an upset stomach. Do not take more than the prescription says.
- **Rest** for the rest of the day and avoid anything strenuous. Keeping your blood pressure down reduces bleeding and helps healing.
- **Bleeding.** Small amounts of blood can make your saliva look quite red for the rest of the day. This is normal. If it bleeds more than that, bite firmly on a clean gauze pad for 30 minutes.

The first day

- **Swelling.** Hold an ice bag against your face over the operated area for 15 minutes, then take it off for 15 minutes. Keep this up through the first day.

- **No brushing for 8 hours.** After that, brush gently, keeping away from the surgery area for 3 days.
 - **No rinsing or swishing** for 24 hours.
 - **No smoking.** The chemicals in cigarette smoke substantially reduce healing and the implant's chance of success.
 - **No alcohol** for 48 hours, and none while you take prescription painkillers. Do not drive or use machinery while you take them.
 - **Feeling sick** usually comes from taking painkillers on an empty stomach. Eat something soft before each tablet and take it with a large glass of water.
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● Days 2 to 7

- **Rinsing.** From 48 hours after surgery, rinse gently with warm salt water: half a teaspoon of salt and half a teaspoon of baking soda in a glass of warm water. Avoid shop-bought mouthwash unless we prescribe one.
 - **Food.** Soft food for the first two days, then back to your normal meals as soon as you can. Keep your diet balanced and drink plenty of water.
 - **Antibiotics.** If we prescribed an antibiotic, take every dose as directed until the course is finished. If you take the contraceptive pill, ask us whether the antibiotic affects it.
 - **Numbness or tingling** that lasts beyond the first day can happen after implant surgery, sometimes for six weeks or longer. Tell us if you notice it.
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● If the sinus was involved

For upper back implants placed close to the sinus, do not blow your nose or play a wind instrument for one week. We may recommend a decongestant.

● Dentures and temporary teeth

- We give you instructions for your denture or temporary tooth. To keep pressure off the new implants while they heal, your denture may be adjusted or changed.
 - In some cases you need to go without your denture for days or weeks after the implants are placed.
 - Sometimes a temporary removable tooth is made for appearance until the fixed one can be made.
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● Follow-up visits

- You may need to come back within 14 days to have stitches removed, or for a short healing check.
 - Once the implant has joined with the bone, a small second procedure is sometimes needed to uncover it before the final tooth is made.
 - Keep every review appointment, even if everything feels fine.
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