

Smile Through Life.

Remember!

All treatments are different,
and the recovery varies from
person to person.

Contact your dentist immediately,
if you experience excessive pain,
numbness, continuous bleeding,
unusual swelling or discomfort.

Postoperative Care

What care should I take
right after dental surgery?

If you have inadequate bone volume and/or quality, local root remnants, serious internal medical problems, uncontrolled bleeding disorders, inadequate wound healing capacity, not completed maxillary and mandibular growth, poor general state of health, drug or alcohol abuse, psychoses, prolonged therapy-resistant functional disorders, xerostomia, weakened immune system, illnesses requiring periodic use of steroids, uncontrollable endocrine disorders, bruxism and other parafunctional habits, these conditions might present a risk for you. Consult your clinician to find out if dental implants are right for you. The possibility of a minimally invasive procedure and receiving your new teeth on the day of surgery depends on many factors, such as bone presence and quality, dental history, implant location, and implant stability. Your clinician will fully describe the possible scenarios to you during consultation prior to surgery.

The installation of dental implants, as well as any other surgical procedure, may cause a slight discomfort and localized edema. More persistent symptoms can occur such as: chronic pain related to the dental implant, permanent paresthesia, dysesthesia, loss of maxillary/mandibular bone edge, systemic or localized infection, oroantral or oronasal fistula, adjacent teeth affected unfavorably, irreversible damage to adjacent teeth, fracturing of the implant, jaw, bone or prosthesis, esthetic problems, injury of the nerves, exfoliation, hyperplasia. An occasional failure in osseointegration and loss of the prosthesis during treatment may be originated by: inadequate osteotomy, infections, diseases or systemic problems, low quality or volume of the remaining bone, absence or failure of irrigation, use of nonspecific instruments and/or instruments without cutting power, insufficient oral hygiene, occlusal trauma, lack of prosthetic passivity and lack of specific training.

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Eating Care



Food

- Chew on the opposite side of the surgery.
- Consume liquids or soft foods, especially cold or iced foods (fruit juices, ice cream, yogurts, cold soups), particularly during the first 24 hours after surgery.
- Drink plenty of water, hydration is very important.
- Avoid drinking or eating until the effects of the anesthesia worn off.
- Avoid hot foods like soup and beverages like coffee or tea.
- Avoid spicy, crunch or hard foods.
- Avoid drinking alcohol and smoking/nicotine.
- Gradually return to your normal eating habits.
- Do not let food accumulate at the surgery sites. Follow your dentist instructions on how to properly clean these areas.

Immediate care



Pain

- If the muscles of your face hurt, you can massage them.
- Take your medication as prescribed by your dentist. This will help relieve possible discomfort. Try to avoid taking medication on an empty stomach.



Mouth and Lips

- Cool the external treatment area with ice or cool packs following your dentist's instructions to help prevent pain and swelling (use a fine cloth to avoid ice contact with the skin).
- Keep your lips moist with lip balm.
- Do not touch your stitches with your fingers or any other object. Your stitches will be removed about seven to ten days after your procedure.
- Try not to spit, rinse and use a straw during the period indicated by your dentist.



Temporary Restoration

- Your dentist may place a "healing cap" or a temporary tooth replacement on the implant to help your mouth heal. This will help with healing in preparation for the next step of the treatment.
- If you experience the loss of your temporary, contact your dentist immediately.

General Care



Rest

- Sitting is usually better than lying down. Try to keep your head up during the day.
- Try to avoid sports or physical exertion like exercising or lifting weights.
- You won't be allowed to drive in the first few hours after the operation because your ability to drive might be impaired by anesthetic or medication.



Oral hygiene

- Brush your teeth with a very soft toothbrush and do delicate movements to avoid delaying the healing process of the operated area.
- Brush your tongue or use a tongue cleaner.
- Use antiseptic solution or saline solution according to your dentist's instructions.
- Before any use of dental floss, we recommend that you obtain prior authorization from your dentist.



Before going to bed

- Try to sleep with the head raised compared with the body (use more than one pillow). Lie face up or on the opposite side of the surgery.

