

Smile Through Life.

Remember!

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

Some patients receive their entire set
of new teeth in the same day, and
some may need to return after a few
months to have new crowns attached
after giving the implants time to heal.

Contact your dentist immediately,
if you experience excessive pain,
numbness, continuous bleeding, fever
or worsening swelling or an incision
that reopens.

Full Arch Aftercare

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

- 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

- Take your medication as prescribed by your dentist. This will help relieve possible discomfort. Try to avoid taking medication on an empty stomach.
- Be aware of any unusual sensations, pain, or changes around the implants and contact your dentist immediately if you have any concerns.



Mouth and Lips

- Cool the external treatment area with ice or cool packs following your dentist's instructions (use a fine cloth to avoid ice contact with the skin).
- Some bleeding or oozing is a normal part of the procedure. Be sure to follow your dentist's instruction to maintain and change gauze packs. *(Contact your dentist if bleeding won't stop or returns unexpectedly)*
- Gum or face swelling should dissipate within a few days.
- You may experience minor bruising at the surgery site.
- Keep your lips moist with lip balm.
- Do not disturb, poke or prod the incision or surgery sites.
- Try not to spit, rinse and use a straw during the period indicated by your dentist.



Temporary Restoration

- Your dentist may place "healing caps" or a temporary prosthesis on the implant to help your mouth heal. 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.
- Avoid putting any pressure on your surgery site for at least a few days.
- Limit physical activity for the first few days and avoid strenuous activities.
- 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

- Follow your doctor's instructions for proper post-op brushing and flossing methods.
- Use antiseptic solution or saline solution according to your dentist's instructions.



Before going to bed

- Try to sleep with the head raised compared with the body (use more than one pillow).

