

Precautions

After Implant Surgery



Control bleeding: Bite firmly on the gauze for at least **2 hours** after surgery. Swallow saliva and blood naturally—**do not spit**, as this can cause further bleeding.



Reduce swelling: Apply an ice pack to the surgical area in **5-minute intervals** (on and off) for the first **1–2 days** after surgery.



Take medications: Be sure to take all prescribed medications as directed to relieve pain and prevent infection or inflammation.



Dietary precautions: Eat only **soft foods** for the first week. Avoid using straws, and do not eat tough, hard, or crunchy foods during the healing period.



Rest & activity: Avoid strenuous exercise, heavy lifting, or sauna use for **2–3 days** after surgery. Get plenty of rest to support healing.



Avoid smoking & alcohol: To prevent infection and delayed healing, refrain from **smoking or drinking alcohol** for at least **1 month** after surgery.

Contact us if needed: If you experience unusual pain, swelling, bleeding, or any discomfort, please contact our clinic immediately.

