



Post-Op Instructions for Dental Implants & Extractions with Bone Grafts

At Diamond Dental Spa, your healing and comfort are our top priorities. Please follow these post-operative instructions carefully to ensure a smooth recovery.

First 24 Hours:

- Bleeding:** It's normal to experience light bleeding or oozing. Bite down on gauze for 30-45 minutes, replacing it as needed. If bleeding persists, bite on a damp tea bag for 20 minutes.
- Swelling:** Some swelling is expected. Apply an ice pack (15 minutes on, 15 minutes off) for the first 24 hours to minimize swelling.
- Pain Management:** Take prescribed or over-the-counter pain medication as directed before the numbness wears off. Avoid aspirin, as it may increase bleeding.
- Diet:** Stick to soft, cool foods (smoothies, yogurt, mashed potatoes) and avoid hot, spicy, crunchy, or hard foods. Do not use a straw, as the suction can disrupt healing.
- Oral Hygiene:** Avoid rinsing or spitting vigorously for the first 24 hours. Do not brush the surgical site, but keep the rest of your mouth clean.

After 24 Hours:

- ◇ **Oral Rinse:** Begin rinsing gently with warm salt water (1/2 tsp salt in 8 oz water) 2-3 times a day, especially after meals. Avoid alcohol-based mouthwash.
- ◇ **Brushing:** Resume normal brushing, being gentle around the surgical site.
- ◇ **Swelling & Bruising:** Swelling may peak around day 2-3. You can switch to warm compresses after 48 hours. Some bruising is normal and will fade within a week.
- ◇ **Diet Progression:** Continue with soft foods for at least a few days. Gradually reintroduce regular foods as comfort allows.

What to Avoid:

- Smoking & Vaping
- Drinking Alcohol (for at least 48 hours)
- Touching the Surgical Site with Fingers or Tongue
- Strenuous Exercise (for 3-5 days)

When to Call Us:

- 📍 Excessive bleeding that won't stop
- 📍 Severe pain not managed with medication
- 📍 Signs of infection (fever, pus, worsening swelling)
- 📍 Persistent numbness or unusual symptoms

We're here for you! If you have any concerns, don't hesitate to contact Diamond Dental Spa at (818) 654-4918.

Your smile is healing—take it easy and let us know if you need anything! 