

Oral Hygiene Checklist After Dental Implant Surgery

- First 24 hours: Do NOT rinse or brush surgical site
- Day 2+: Rinse gently with warm salt water (½ tsp salt in 8 oz warm water) 3–4 times daily
- Brush remaining teeth normally with soft toothbrush
- Use extra-soft toothbrush or prescribed chlorhexidine rinse around implant area (when approved)
- Avoid flossing directly around surgical site until cleared by dentist
- No forceful spitting or mouthwash with alcohol
- Keep hands away from surgical site

Activity Restrictions and Returning to Normal Life

For the first 3–5 days, limit physical activity. Most patients can return to desk work within 1–2 days.

Warning Signs Checklist – When to Call Your Dentist

Contact Alta Loma Dental Care immediately if you notice:

- Bleeding that doesn't stop after 30 minutes of pressure
- Severe pain that worsens after day 3
- Swelling that increases after 72 hours
- Fever over 101°F (38.3°C)
- Pus or foul discharge from surgical site
- Implant feels loose or moves
- Persistent numbness beyond 48–72 hours
- Difficulty breathing or swallowing