

# Post-operative care for Dental Implants

## Immediate Steps to Feel Better Fast (24–48 Hours)

Swelling and discomfort peak early, but you can cut them down quickly with these simple steps. Most of our patients notice a real difference when they start these right away.

Here's what we recommend to every Alta Loma Dental Care patient in the first 24–48 hours:

- Control bleeding: Bite firmly on the gauze we provided for 30–60 minutes.
- Reduce swelling: Apply an ice pack (wrapped in cloth) to your cheek: 20 minutes on, 20 minutes off.
- Manage pain: Take your prescribed medication or ibuprofen as directed.
- Rest smart: Keep your head elevated and take it easy.
- Eat gently: Choose cool, soft foods and drink plenty of fluids.

## Immediate 48-Hour Post-Op Checklist

- Bite firmly on sterile gauze for 30–60 minutes (change as needed)
- Apply ice pack (wrapped) to cheek: 20 min on / 20 min off
- Take first dose of prescribed pain medication before numbness wears off
- Keep head elevated at all times (even while sleeping)
- No rinsing, spitting, or using straws
- Rest completely – no work, exercise, or heavy lifting
- Drink plenty of cool fluids (no hot drinks)
- Eat only very soft, cool foods
- Avoid smoking, alcohol, and vigorous mouth movements

## Managing Pain and Swelling After Dental Implant Surgery

Soreness and swelling are highly manageable. At Alta Loma Dental Care in Rancho Cucamonga, we make sure you have simple tools to feel better fast.

- Ice therapy: 20 minutes on / 20 minutes off for the first 48 hours
- Pain medication: Take as directed, ideally starting before numbness fades
- Elevation and rest: Sleep with your head propped up
- Skip heat: No hot foods, drinks, or compresses early on