DR AFSHIN YOUSEFPOUR
Chirurgie Plastic du Visage
Chirurgie Maxillo-Faciale

Aftercare following dental implant surgery

These instructions guide you after placement of one or more implants, with or without a bone graft or sinus lift. They support good healing and the integration of the implant into the bone, and help you recognise the signs that need a quick response. They complement the personalised protocol Dr Yousefpour gives you.

What is normal

- Light bleeding or blood-tinged saliva for the first 24 hours.
- Swelling and sometimes a bruise on the cheek, peaking around day 2 or 3 and then easing within about a week.
- Moderate pain for the first few days, well relieved by the prescribed treatment.
- A slightly sore throat or discomfort when swallowing for 2 to 3 days, and a slight fever on the first day.
- After a sinus lift: a small nosebleed and a blocked-nose feeling for a few days, sometimes a few weeks; a few small graft granules may come out through the mouth or nose.

After surgery, step by step

When	What to do
The first few hours	Bite firmly on a folded gauze pad for 30 to 45 minutes. Only eat once the anaesthetic has worn off, so you do not bite or burn yourself. Take the first dose of painkiller before the anaesthetic wears off.
The first 24 hours	Ice pack wrapped in a cloth on the cheek for 15 to 20 minutes, then a break of at least 15 minutes. Keep your head raised, including when sleeping. No mouthwash, no spitting and no straws: the blood clot must stay in place.
Medication	Painkillers, anti-inflammatories and, if prescribed, antibiotics strictly as directed. Never take aspirin without agreement, as it increases bleeding.
From the next day	Prescribed mouthwash 2 to 3 times a day for 2 to 3 weeks, without vigorous gargling. Brush your other teeth as usual with a soft brush; near the implant, brush the healing cap very gently if it is visible.
The first week	Eat lukewarm or cold, soft food (mash, soup, yoghurt, eggs, fish). Avoid hard or crunchy food and food with small grains (nuts, rice, sesame), and do not chew on the operated side. No alcohol for the first 2 days.
For at least 3 days	No sport or effort that raises blood pressure. Avoid any activity where you could be hit in the mouth.

When	What to do
For 2 weeks	No smoking or vaping. In smokers, the risk of implant failure is about 2.4 times higher and more bone is lost around the implant. Ideally, use the operation as a chance to stop for good.
If you wear a removable denture	Only put it back over the operated area once Dr Yousefpour or your dentist has checked and adjusted it: pressure on the implant or graft during healing can compromise the result.
After 7 to 14 days	Follow-up and stitch removal if needed. Dissolvable stitches fall out on their own within 7 to 10 days.
For 3 to 4 months	The implant integrates with the bone (osseointegration). A temporary tooth can be worn for appearance. The crown is fitted afterwards, at the practice or by your dentist.

Contact Dr Yousefpour the same day if

- your lip, chin or tongue is still numb more than 12 hours after surgery;
- pain or swelling increases after day 3 instead of easing;
- you still have a fever after the first day, a persistent bad taste or pus;
- the healing cap comes loose, or the wound opens and the graft is visible;
- after a sinus lift: many graft granules come out, fluid passes from your mouth into your nose, or your nose keeps bleeding.

Making your implants last

- An implant cannot decay, but the gum and bone around it can become infected (peri-implantitis), especially in smokers.
- Careful brushing twice a day, interdental brushes around the implants, and a check-up at least once a year with your dentist.
- Report quickly any gum that bleeds, swells or recedes around an implant.

After a sinus lift or bone graft

- Do not blow your nose for 2 weeks; simply wipe it.
- Sneeze with your mouth open, to avoid pressure in the sinus.
- Do not spit, use a straw or puff out your cheeks (wind instrument, balloon) for 2 weeks.
- Avoid flying and diving for the first 2 weeks, unless Dr Yousefpour agrees.
- Take any prescribed decongestants or nasal sprays.
- Do not touch the graft area with your tongue or fingers, and do not pull your lip to look at the wound.

Emergency: call 112 or go to the emergency department if

These situations are exceptional after implant placement, but they must not wait.

- Heavy bleeding that continues despite 45 minutes of firm pressure on a gauze pad.
- Difficulty breathing or major difficulty swallowing.
- Swelling that spreads quickly towards the eye, the neck or under the jaw, with a fever.

Do not wait for a reply from Dr Yousefpour on WhatsApp: call the emergency services first, then let him know as soon as possible.

These instructions are general information. Dr Yousefpour's personalised protocol always takes precedence. For non-urgent questions, message Dr Yousefpour on WhatsApp.

Contact

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