



Homecare- After Implant Restorations

After your implant restoration has been placed, it's important to follow these recommendations to ensure long-term success.

- **Chewing and Eating**

If we used an anesthetic during the procedure, avoid chewing until the numbness has completely worn off. Avoid hard chewing and grinding because these habits can damage implants and their restorations. If this is a continuing problem, we may need to adjust the restorations or have you wear a nightguard.

- **Brushing and Flossing**

Brush and floss around the implants thoroughly but gently. We may also recommend special floss, brushes, mouth rinses or other cleaning aids to keep the area free of bacteria.

- **Medication and Discomfort**

Take antibiotics or other medications only as directed. To reduce any discomfort or swelling, rinse your mouth three times a day with warm salt water. Use about one teaspoon of salt per glass of warm water. It's normal for your gums to be sore and swollen for a few days.

- **About Tobacco**

Avoid using any tobacco products. Ideally, you should quit altogether because using tobacco increases the risk that your body will reject the implants.

- **When to Call Us**

Please feel free to call our office at 408-377-5134 if you have any discomfort or if you have any other questions or concerns.