
Instructions - After Implant / Sinus Lift Surgery

If you require emergency assistance, please call (604) 733-9311 during office hours.

Outside office hours, please contact your dentist directly:

Drs. Matthew Choi (604-999-6917) / Bruce Marshall (604-230-1740) / Sonal Chhanabhai (778-889-7236)

Healing Phase

- Implants must remain **free of pressure for the first 2 months** while bone fuses to the implant. Any movement may prevent integration, leading to implant failure. If an implant does not integrate, it will be removed and will need to heal for another 2-4 months before a new one can be placed.
- Your implant has two parts: a titanium screw in the bone and a visible healing cap. If the healing cap loosens or falls out, please call us right away to have it tightened or replaced.
- Even with proper care, occasionally an implant may not integrate and will need to be removed and replaced. Because the mouth naturally contains bacteria and food, gentle but thorough cleaning is essential for successful healing.

What to Do

- Apply ice packs to the cheek (15 min on / 15 min off) for up to the first 12 hours. Swelling usually peaks at 24–48 hours after surgery, then begins to subside by the 4th day.
- Begin warm salt water rinses 3–4 times/day, starting 24 hours after surgery.
- Prioritize rest. Minimize talking on the first day. Avoid strenuous exercise for 1 week.
- Take all prescribed medications as directed to reduce discomfort and risks of infection.
- Brushing – Start gently cleaning the implant site with a soft **manual toothbrush only after 5–7 days**. Massage bristles lightly between gum and implant cap. Continue brushing/flossing other teeth as normal.
- Diet – Eat soft foods for 7–14 days. Avoid chewing directly on the implant.
- Denture/Flipper - Do not allow a denture/flipper to press on the implant area. Wear only as instructed; if it feels tight or rubs, stop and call us for adjustment.
- If you had a sinus lift procedure:
 - Do **not** blow your nose for at least **2 weeks**. If you need to sneeze, keep your mouth open to reduce sinus pressure. Avoid using straws, smoking, flying, or scuba diving until your dentist confirms healing. A small amount of nose bleeding or nasal discharge can be normal in the first few days.

What Not to Do

- **No electric toothbrush or Waterflosser for 2 months (or until your dentist says it is safe).** Vibrations can interfere with healing and implant integration.
- **Do not smoke for at least 2 months** — it significantly increases risk of implant failure.
- Avoid hot, hard, or crunchy foods that stress the site.