B Williams Surgical Solutions

ADVANCED SURGICAL & IMPLANT CARE

Post-Operative Instructions

Implant & Grafting Procedures

This sheet covers **Dental Implants · Full-Arch Implants (All-on-X) · Bone Grafting · Gum Grafting**. The first part applies to everyone. Then find the section that matches your procedure.

For Every Implant & Grafting Patient

BLEEDING

Some oozing and pink saliva is normal for the first 24 hours. If it's more than oozing:

1. **Gauze:** place damp gauze over the site (don't stuff it into the socket) and bite firmly for 30 minutes while sitting upright.
2. **Still bleeding? Tea bag:** bite on a damp black tea bag placed over the site for 30 minutes.
3. **Still bleeding? Calcium alginate:** place a calcium alginate dressing from the pharmacy (NasalCease, BleedCease, CVS calcium alginate, or HemCon Dental Dressing) over the site and bite for 30 minutes. QuikClot goes over the site only. Never pack it into the socket.

Call Dr. Williams at (832) 947-4324 if your mouth is filling with blood quickly, or if bleeding hasn't slowed after two rounds.

REMOVING THE GAUZE & FEELING FAINT

- Remove the gauze while you're **seated with your eyes closed**, and keep the blood out of sight. Your ride can help.
- Warning signs of fainting: feeling lightheaded, sweaty, pale, warm, or nauseated, or your vision "graying out."
- If you feel faint, **lie flat with your legs raised**. A few brief jerking movements can happen during a faint. They pass quickly and are not a seizure.
- Once you feel better, sip a cold, sweet drink (like juice or Gatorade).

YOUR FIRST MEAL & NUMBNESS

- Wait about 1.5 hours, remove the gauze, and eat something **cold and creamy**. Then take your ibuprofen and Tylenol together while you're still numb.
- **No hot food or drinks while you're numb.** Chew on the side away from your surgery.
- **Don't ice while you're numb.** As numbness wears off, use cold compresses on the outside of your face, on and off while you're awake, for the first 48 hours. Your lower jaw may stay numb for up to 8 hours.
- Swimmers and wind-instrument players: wait at least 5–6 days, and longer if your procedure section below says so.

MEDICATION

PAIN

Ibuprofen (Advil / Motrin)

600 mg

1 tablet every 6 hours **as needed**, **with food**. Start after surgery. (Over the counter: 3 × 200 mg tablets = 600 mg.)

PAIN

Tylenol (Acetaminophen)

500 mg

1 Extra Strength tablet, taken together with your ibuprofen as needed. Don't go over the daily limit on the package.

Night of surgery: after you've eaten something cold and creamy, take your ibuprofen and Tylenol together, ideally while you're still numb.

ANTIBIOTIC · EVERY PATIENT

Amoxicillin

875 mg

Start within 24 hours after surgery. 1 tablet twice a day **until ALL are gone**, even if you feel fine.
Allergic to penicillin? You'll get a **Z-Pak (azithromycin)** instead. Follow the pack instructions until it's gone.

RINSE

Peridex (Chlorhexidine 0.12%)

15 mL

Start the **day after** surgery. Swish 15 mL for 30 seconds, twice a day, until the bottle is gone. Over implant and graft sites, swish very gently and let the rinse fall from your mouth. No forceful swishing or spitting.

NAUSEA · IF PRESCRIBED

Zofran ODT (Ondansetron)

As needed: dissolve 1 tablet on your tongue every 8 hours. If nausea lasts more than 12 hours, call us.

STEROID · IF PRESCRIBED

Medrol Dose Pak

Start 3 days after your surgery day and follow the printed taper on the pack. Pain may seem to "come back" the day after your last dose. That's normal.

> **Birth control:** antibiotics may make birth control pills less effective. Use backup protection for the rest of this cycle.

GLUE & STITCHES

- Surgical glue is usually used to close your site (gum grafts may also have a protective dressing), and sometimes a dissolving stitch. The hard, purple-tinted bits you may feel are the glue.
- Both the glue and any stitches fall out on their own within 1–2 weeks. **Don't pick at them.**

> **No irrigation syringe over implants or grafts** unless Dr. Williams tells you to. If teeth were also removed at other sites, follow the irrigation steps on your *Extractions & Wisdom Teeth* sheet for those sockets only.

Dental Implant Placement (Single & Immediate Implants)

ACTIVITY & DIET

- [ ] No strenuous exercise or heavy lifting for 7 to 10 days
- [ ] Don't smoke or vape at all during healing. It's critical for implant success
- [ ] No straws for at least 1 week
- [ ] Don't disturb the site, and don't stretch your lips to look at it
- [ ] No forceful rinsing, spitting, or probing with your tongue for 24 hours
- [ ] Sleep elevated on 2 to 3 pillows for the first week
- [ ] Soft diet for 1 to 2 weeks (anything you can cut with the side of a plastic fork), chewing on the opposite side
- [ ] Don't wear a denture or partial over the implant for at least 8 weeks unless we tell you otherwise

RECOVERY TIMELINE

Days 1–3	Week 1	Weeks 2–4	Months 1–3	Months 3–6
Cold compresses. Peak soreness and swelling (normal)	Rest. Slowly return to light activity	Swelling goes down. Back to a normal diet	Bone bonds to the implant	Healing complete. Crown scheduled

ORAL HYGIENE

- [ ] Don't brush or floss the implant site for 2 weeks
- [ ] After 24 hours, gentle warm salt water rinses after meals (let it fall from your mouth, don't swish), plus your Peridex
- [ ] Brush your other teeth normally, with extra care near the implant
- [ ] After 2 weeks, gently brush around the implant with a soft toothbrush

WHEN TO CALL OUR OFFICE · (832) 947-4324

- Bleeding that won't slow down after the steps above, or that lasts past 48 hours
- Severe or increasing pain after 3 to 5 days
- Fever above 101°F
- Pus, foul odor, or increasing discharge
- Swelling that worsens after day 3 or hasn't improved by week 2
- The implant feels loose or moves
- Difficulty breathing or swallowing

Full-Arch Implant Treatment (All-on-X)

ACTIVITY & DIET

- [ ] Strict rest for the first week
- [ ] No strenuous exercise or heavy lifting for 3 to 4 weeks
- [ ] No smoking or vaping at all during healing
- [ ] No straws for at least 2 weeks
- [ ] Don't disturb the surgical sites
- [ ] Sleep with your head elevated on 3 to 4 pillows for the first 2 weeks
- [ ] Soft-to-liquid diet for the first week, then slowly advance as tolerated
- [ ] Don't remove or adjust your temporary teeth without our approval

RECOVERY TIMELINE

Days 1–3	Week 1	Weeks 2–4	Months 1–3	Months 3–6
Peak swelling and soreness. Cold compresses and bed rest	Swelling continues. Liquid/soft diet	Gradual improvement. Light activity	Bone heals. Adapting to temporary teeth	Healing complete. Final teeth placed

ORAL HYGIENE

- [ ] Don't brush the surgical sites for 2 weeks
- [ ] Gentle warm salt water rinses after meals (no swishing), starting 24 hours after surgery, plus your Peridex
- [ ] Clean your temporary teeth as we show you
- [ ] Gently brush areas away from surgery after 24 hours

WHEN TO CALL OUR OFFICE · (832) 947-4324

- Uncontrolled bleeding
- Severe pain not controlled by your medication
- Fever above 101°F
- Signs of infection: pus, foul odor, red streaking
- Severe or worsening swelling after day 3
- Difficulty breathing, swallowing, or speaking
- Temporary teeth become loose or uncomfortable

Bone Grafting

ACTIVITY & DIET

- [ ] No strenuous exercise or heavy lifting for 7 days
- [ ] Don't smoke or vape at all during healing. It's critical for graft success
- [ ] No straws for at least 1 week
- [ ] Don't disturb the site, and don't stretch your lips to look at it
- [ ] No forceful rinsing, spitting, or probing with your tongue for 24 hours
- [ ] Sleep with your head elevated on 2 to 3 pillows for the first week
- [ ] Soft diet for 1 to 2 weeks, chewing on the opposite side

RECOVERY TIMELINE

Days 1–3	Week 1	Weeks 2–4	Months 1–6
Peak swelling and soreness. Cold compresses	Swelling slowly goes down	Most swelling gone. Light activity	Bone graft heals (mostly no symptoms)

ORAL HYGIENE

- [ ] Don't brush or floss the graft site for 2 weeks
- [ ] After 24 hours, gentle warm salt water rinses after meals (no vigorous swishing), plus your Peridex
- [ ] Brush your other teeth normally, avoiding the graft
- [ ] After 2 weeks, gently resume care of the grafted area

WHEN TO CALL OUR OFFICE · (832) 947-4324

- Bleeding that won't slow down after the steps above, or that lasts past 48 hours
- Severe pain not controlled by your medication
- Fever above 101°F
- Signs of infection: pus, foul odor, increasing pain
- Swelling that worsens after day 3 or hasn't improved by week 2
- Difficulty breathing or swallowing

Gum Grafting

ACTIVITY & DIET

- [ ] No strenuous exercise or heavy lifting for 7 days
- [ ] Don't smoke or vape during healing
- [ ] No straws for at least 2 weeks
- [ ] Don't pull your lip or cheek to look at the graft
- [ ] No forceful rinsing or spitting for 24 hours
- [ ] Sleep with your head elevated on 2 to 3 pillows for the first week
- [ ] Soft diet for 1 week, chewing on the opposite side
- [ ] Don't floss near the graft for at least 4 weeks

RECOVERY TIMELINE

Days 1–3	Week 1	Week 2	Weeks 3–4	Months 2–3
Soreness at graft and donor sites. Dressing in place	Dressing protects the graft. Some oozing is normal	Dressing removed. Graft looks different as it heals	Most soreness gone. Graft attaching	Graft looks and feels normal

ORAL HYGIENE

- [ ] Don't brush the graft site for 2 weeks
- [ ] After 24 hours, very gentle warm salt water rinses (no swishing), plus your Peridex used gently
- [ ] Brush your other teeth normally, avoiding the graft
- [ ] After 2 weeks, carefully resume gentle brushing near the graft
- [ ] Don't floss the graft site for at least 4 weeks

WHEN TO CALL OUR OFFICE · (832) 947-4324

- Severe pain at the graft or donor site
- Bleeding that won't slow down, or that lasts past 48 hours
- The dressing is soaked with blood (it may need to be replaced)
- Signs of infection: pus, foul odor, fever above 101°F
- Swelling that worsens or hasn't improved by day 7
- The graft seems to be coming loose or separating

Medical emergency? If you ever lose consciousness, have trouble breathing, or feel you're having a medical emergency, call 911 first, then contact our office at (832) 947-4324.

Questions after surgery? Scan me.

drwilliams.aircard.live

Have a question about your recovery? Our patient help page answers most questions 24/7.
For anything urgent, call Dr. Williams at (832) 947-4324.

B Williams Surgical Solutions · 1208 Highway 6 S, Sugar Land, TX 77478 · (832) 947-4324 · info@bwsurgicalsolutions.com
Dr. Brandon Williams Jr., DMD, is a general dentist focusing on complex surgical and implant care. Individual healing timelines vary.