

Instructions for patients following the placement of dental implants

1. Keep your fingers away from the surgery site. Bite on gauze for at least 30 minutes.
2. **Do not** rinse your mouth for 24 hours.
3. **Do not** spit out for 24 hours.
4. Take any medications prescribed.
5. **Do not** smoke for 72 hours.
6. You may drink lukewarm or cool liquid immediately and **do not** use a straw.
7. Soft foods may be taken after 12 hours. A regular diet may begin after 24 hours.
8. If there is not bleeding, carefully begin cleaning your mouth after each meal on the day following surgery.
 - Rinse vigorously with warm salt water, ½ teaspoon in a glass of water (2.5 grams in 250 milliliters) or rinse provided by dentist.
 - Brush your teeth using a soft toothbrush and toothpaste, but
 - **Do not** brush the implant surgery area for 48 hours.

In case of Emergency

The Dental Clinic is open during the following hours: Monday to Thursday from 8:30 a.m. to 4:30 p.m. Please call (705) 752-4221 during these hours.

At times when the Dental Clinic is not open, contact the North Bay and District dental emergency number at (705) 476-5444.