

Your Implant Timeline



Day of Surgery

Implant Placement

Your dental implant is placed into the jawbone. Follow your post-operative instructions carefully and protect the area while initial healing begins.



About 2 Weeks

Healing Check

We'll see you for a follow-up to make sure the surgical site and implant are healing appropriately.



The Next ~3 Months

Osseointegration

Your implant continues healing beneath the surface as the bone forms a strong connection with it.

Continue to avoid hard chewing directly on the implant during this time.



Around 3 Months

Final Implant Check + X-Ray

We'll take an X-ray and evaluate the implant to make sure it has healed and integrated properly.



Your Next Step

Your New Tooth

Once Dr. Lora confirms that your implant is ready, you'll **return to your restorative dentist** to begin your final crown.

Why the Wait?

Your implant may feel stable when it is placed—but it isn't finished healing yet.

Over ~3 months, your bone grows around and attaches to the implant through a process called **osseointegration**, making it strong enough to support your new tooth.

When to Call Us

Call our office or seek immediate medical attention if you experience:



Heavy bleeding that does not subside with firm pressure



Fever greater than 101°F



Pain that worsens after Day 3



Difficulties breathing or swallowing



An implant or healing abutment that feels loose or comes out



Any other concern that worries you!

We're Here for You



317-776-0105

Questions after hours?
Call or text our office to speak
directly to Dr. Lora



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implant healing

Lora Parker, DMD

Diplomate, Board of Oral & Maxillofacial Surgery

A Note from Dr. Lora:



Thank you for trusting our team with your care. Dental implants are designed to provide a strong, long-lasting foundation for your new tooth. The weeks following surgery are an important part of that process.

We've created this guide to answer your most common questions and help you protect your implant while it heals.

If you need us, we're only a phone call away.

The First 24 Hours



Bleeding

- Bite down firmly on gauze for 30-60 minutes, *as needed*
- Replace gauze as needed
- Slight oozing is normal during the first day



Swelling

- Ice packs: 20-30 minutes on, 20-30 minutes off for the first 24-48 hours
- Swelling typically peaks around days 2-3



Pain

- Take medications before the numbness wears off
- Take prescribed medications



Rest

- Keep your head elevated
- Avoid strenuous activity
- **No smoking, vaping**
- Get plenty of rest

Your stitches are dissolvable and typically fall out in about one week.

Eating & Drinking

Choose soft foods for the first 4-5 days and stay hydrated

Foods to Enjoy



Smoothies



Yogurt



Mashed potatoes



Pudding



Soup
(warm not hot)



Mac & Cheese



Ice Cream



Eggs



Well-cooked meats

Protect your Implant

Even when you begin returning to a normal diet, **avoid biting or chewing hard or crunchy foods directly over your implant while it heals.**

Avoid foods such as:

Nuts • Hard candy • Popcorn • Chips • Seeds
• Other hard or crunchy foods

- If your implant is on one side of your mouth, do your best to chew on the opposite side during the healing period.
- If you have implants on both sides of your mouth, you may need to maintain a softer diet for a longer period of time.

*Your implant may feel completely fine long before it has finished healing—continue protecting it **even** when you are no longer sore.*

Keeping your mouth clean



Brush Gently

Brush gently, starting **the day of surgery**, avoiding the surgical sites for the first few days



Mouth Rinse

Beginning the day after surgery:

- Use your prescribed mouth rinse twice daily. Gently swish and spit—do not rinse vigorously.

Continue this for one week.



After One Week:

- If the implant is visible through the gum tissue, dip your toothbrush into the prescribed rinse and gently massage/clean around the implant as instructed.
- If the implant is covered by gum tissue, continue gently swishing and spitting with the rinse for one additional week.

Do not attempt to brush or expose the implant.

Is My Implant Supposed to Be Visible?

Either can be completely normal.

- Sometimes your implant will be visible through the gum tissue while it heals.
- Other times, Dr. Lora may intentionally cover the implant beneath the gum tissue to protect it during healing.

If your implant is covered, we will uncover it with a simple procedure using local anesthesia at your final implant follow-up when appropriate.