

Dental Implant Surgery: Immediate Recovery

What to Expect in the First 1-2 Weeks

Mild pain and swelling that peak around 24-48 hours and resolve within about a week are the expected norm after implant placement. Most patients report no-to-mild pain, and postoperative discomfort is usually controlled with over-the-counter pain relievers alone.

The Real Symptom Timeline

- Pain peaks in the first 24 hours, then declines steadily — most people are back to no or mild discomfort by day 7.
- Swelling is the more common complaint, peaking around day 2 and largely settling within 7-14 days.
- A mild "different" feeling at the implant site is common and temporary; chewing and brushing near the area are a little harder for the first week or two.

Self-Care Instructions

- Cold packs: intermittent ice to the area for the first day or two helps limit swelling.
- Diet: cold or liquid foods for the first 1-2 days, then soft foods until suture removal (typically 1-2 weeks) — avoid chewing directly on the site.
- Oral hygiene: keep brushing the rest of your mouth normally, but avoid the surgical site at first. Don't rinse at all in the first 24 hours. A chlorhexidine rinse used twice daily for about a week is often recommended after that.
- Pain relief: over-the-counter ibuprofen or acetaminophen covers most patients' needs.
- Removable dentures: avoid wearing a removable denture directly over the implant site for about 2-3 weeks (longer if grafting was involved).

Sinus Precautions (Upper Back Teeth Only)

For upper posterior implants or sinus-lift procedures specifically, avoid blowing your nose, sneeze with your mouth open, and avoid air travel or diving for the period your surgeon specifies.

■ Call us if you notice

Bleeding that isn't controlled with gauze pressure, or spontaneous bleeding.

Worsening pain or swelling after day 3-4, fever, pus or discharge, or a bad taste.

A loose or mobile implant.