



CONNECT FAMILY DENTAL • PATIENT RESOURCES

Dental Implant Instructions

Helpful guidance for preparing for dental implant treatment and caring for your mouth during recovery.

BEFORE YOUR IMPLANT

Review your treatment instructions, medications, and appointment details. Tell your dental team about any changes in your health or medications.

AFTER YOUR IMPLANT

Protect the treatment area, follow your provider's instructions, and allow adequate time for healing.

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01 Before Your Appointment

- Follow all pre-operative instructions provided by your Connect Family Dental team.
- Tell your dental team about your medications, allergies, and relevant medical information.
- Follow any instructions regarding eating, drinking, or medications before treatment.
- Ask your dental team about transportation or assistance at home if sedation or anesthesia is planned.

02 Day of Treatment

- Arrive at the scheduled time and wear comfortable clothing.
- Bring any requested information and a current medication list if asked.
- Do not drive yourself if your procedure includes sedation or anesthesia.

03 Protect the Implant Area

- Avoid touching the implant or surgical area with your fingers or tongue.
- Do not disturb the surgical site while it is healing.
- Follow any specific instructions regarding temporary restorations or protective appliances.

04 Bleeding & Gauze

- Some mild bleeding or oozing may occur after implant surgery.
- Use gauze exactly as directed by your dental team.
- Keep your head elevated when resting.
- Contact the office if bleeding is heavy, persistent, or concerning.

05 Swelling & Comfort

- Swelling may occur after implant placement and can be more noticeable during the first few days.
- Use cold therapy as directed during the initial recovery period.
- Take prescribed or recommended medications only as directed by your provider.
- Contact our office if pain becomes severe or continues to worsen.

06 Eating & Drinking

- Choose soft foods that are comfortable to eat during the early healing period.
- Stay hydrated unless your dental team has given you different instructions.
- Avoid very hot, hard, crunchy, or irritating foods around the treatment area.
- Gradually return to your normal diet as comfortable and as directed.

07 Oral Hygiene

- Follow your dental team's instructions for brushing and rinsing.
- Keep the rest of your mouth clean while avoiding direct disturbance of the surgical site.
- Use any prescribed or recommended rinse only as directed.
- Do not vigorously rinse unless your provider has instructed you to do so.

08 Activity & Healing

- Rest during the initial recovery period.
- Avoid strenuous exercise and activities for the period recommended by your provider.
- Keep all scheduled follow-up appointments so your healing and implant progress can be monitored.
- Follow your provider's instructions regarding sutures and any temporary or permanent restoration.

IMPORTANT — WARNING SIGNS

Contact Connect Family Dental if you experience symptoms that concern you or seem unusual.

Call us promptly for:

- Severe or worsening pain
- Persistent or heavy bleeding
- Significant or worsening swelling
- Fever or other concerning symptoms
- Any unexpected problem involving the implant or surgical area

Important Note

These instructions are general information and may not apply to every patient, implant procedure, or stage of treatment. Always follow the specific instructions given by your Connect Family Dental team.

CONNECT FAMILY DENTAL

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Questions before or after your implant procedure? Please give our dental team a call.