



B Williams Surgical Solutions

ADVANCED SURGICAL & IMPLANT CARE

Post-Operative Instructions

Implant & Grafting Procedures

In this guide: Dental Implant Placement · Full-Arch Implants (All-on-X) · Bone Grafting · Gum Grafting — find the section that matches your procedure.

Dental Implant Placement (Single & Immediate Implants)

ACTIVITY RESTRICTIONS

- ☐ No strenuous exercise or heavy lifting for 7 to 10 days
- ☐ Avoid smoking completely during healing — critical for implant success
- ☐ No straws for at least 1 week
- ☐ Don't disturb the surgical site — avoid stretching your lips to look at it
- ☐ No rinsing, spitting, or probing the area 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 — and chew on the opposite side
- ☐ Don't wear a denture or partial over the implant area for at least 8 weeks unless we tell you otherwise

RECOVERY TIMELINE



PAIN MANAGEMENT

Discomfort is usually moderate and manageable. Take your medication before your numbness wears off for the best control.

Ibuprofen

600 mg

3 standard 200 mg tablets · over the counter

Tylenol (Acetaminophen)

500 mg

1 Extra Strength tablet · over the counter

Take both together, with food

Every 8 hours, for 4 to 5 days, unless otherwise directed. Both are available over the counter — no prescription needed for either.

Prescribed rinse (Peridex®): Chlorhexidine 0.12%, 473 mL. Use about 15 mL twice a day, swish and spit, until the bottle is empty — typically about 15 days.

Antibiotic (if prescribed): For larger cases, Amoxicillin 500 mg three times a day for 7 days. Not every case needs an antibiotic — take it only if it's part of your written prescription.

ORAL HYGIENE

- ☐ Don't brush or floss the implant site for 2 weeks
- ☐ After 24 hours, begin gentle warm salt water rinses (don't swish) after meals
- ☐ Brush your other teeth normally, with extra care around the implant area
- ☐ After 2 weeks, gently brush around the implant with a soft toothbrush

WHEN TO CALL OUR OFFICE

- Persistent bleeding after 48 hours
- Severe or increasing pain after 3 to 5 days
- Fever above 101°F
- Pus, foul odor, or increasing discharge from the site
- Swelling that worsens after day 3 or hasn't improved by week 2
- The implant feels loose or moves
- Difficulty breathing or swallowing
- Any concerns during the 3–6 month integration period

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

ACTIVITY RESTRICTIONS

- ☐ Strict rest for the first week — minimal activity beyond basic needs
- ☐ No strenuous exercise or heavy lifting for 3 to 4 weeks
- ☐ No smoking at all during the entire healing period — critical for success
- ☐ 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, gradually advancing as tolerated
- ☐ Don't remove or adjust your temporary teeth without our approval

RECOVERY TIMELINE



PAIN MANAGEMENT

Discomfort is typically moderate to significant for the first 3 to 5 days.

Ibuprofen

600 mg

3 standard 200 mg tablets · over the counter

Tylenol (Acetaminophen)

500 mg

1 Extra Strength tablet · over the counter

Take both together, with food

Every 8 hours, for 4 to 5 days, unless otherwise directed. Stronger medication may be prescribed as part of your plan — take that instead if it's provided.

Prescribed rinse (Peridex®): Chlorhexidine 0.12%, 473 mL. Use about 15 mL twice a day, swish and spit, until the bottle is empty — typically about 15 days.

Antibiotic (if prescribed): For larger cases, Amoxicillin 500 mg three times a day for 7 days. Not every case needs an antibiotic — take it only if it's part of your written prescription.

ORAL HYGIENE

- ☐ Don't brush the surgical sites for 2 weeks
- ☐ Gentle warm salt water rinses (don't swish) after meals, starting 24 hours after surgery
- ☐ Clean your temporary teeth as directed — ask us for specific instructions
- ☐ Resume gentle brushing on non-surgical areas after 24 hours

WHEN TO CALL OUR OFFICE

- Uncontrolled bleeding after 48 hours
- 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
- Any concerns during the 3–6 month integration period

Bone Grafting

ACTIVITY RESTRICTIONS

- ☐ No strenuous exercise or heavy lifting for 7 days
- ☐ Avoid smoking completely during healing — critical for graft success
- ☐ No straws for at least 1 week
- ☐ Don't disturb the surgical site — avoid stretching your lips to look at it
- ☐ No rinsing, spitting, or probing the area 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

Peak swelling and discomfort; ice recommended

Week 1

Swelling gradually decreases; discomfort improves

Weeks 2–4

Most swelling subsides; return to light activities

Months 1–6

Bone integration and healing (mostly symptom-free)

PAIN MANAGEMENT

Discomfort is usually moderate. Take your medication before your numbness wears off for the best control.

Ibuprofen
600 mg

3 standard 200 mg tablets · over the counter

Tylenol (Acetaminophen)
500 mg

1 Extra Strength tablet · over the counter

Take both together, with food

Every 8 hours, for 4 to 5 days, unless otherwise directed. Both are available over the counter — no prescription needed for either.

Prescribed rinse (Peridex®): Chlorhexidine 0.12%, 473 mL. Use about 15 mL twice a day, swish and spit, until the bottle is empty — typically about 15 days.

Antibiotic (if prescribed): For larger cases, Amoxicillin 500 mg three times a day for 7 days. Not every case needs an antibiotic — take it only if it's part of your written prescription.

ORAL HYGIENE

- ☐ Don't brush or floss the graft site for 2 weeks
- ☐ After 24 hours, begin gentle warm salt water rinses (don't swish vigorously) after meals
- ☐ Brush your other teeth normally; avoid the graft area for 2 weeks
- ☐ After 2 weeks, gently resume care of the grafted area

WHEN TO CALL OUR OFFICE

- Persistent bleeding after 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 RESTRICTIONS

- ☐ No strenuous exercise or heavy lifting for 7 days
- ☐ Avoid smoking completely 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 site for at least 4 weeks

RECOVERY TIMELINE



PAIN MANAGEMENT

Discomfort is usually mild to moderate.

Ibuprofen

600 mg

3 standard 200 mg tablets · over the counter

Tylenol (Acetaminophen)

500 mg

1 Extra Strength tablet · over the counter

Take both together, with food

Every 8 hours, for 4 to 5 days, unless otherwise directed. Both are available over the counter — no prescription needed for either.

Prescribed rinse (Peridex®): Chlorhexidine 0.12%, 473 mL. Use about 15 mL twice a day, swish and spit, until the bottle is empty — typically about 15 days.

Antibiotic (if prescribed): For larger cases, Amoxicillin 500 mg three times a day for 7 days. Not every case needs an antibiotic — take it only if it's part of your written prescription.

ORAL HYGIENE

- ☐ Don't brush the graft site for 2 weeks
- ☐ After 24 hours, very gentle warm salt water rinses (no swishing) are okay
- ☐ Brush your other teeth normally; avoid the graft site
- ☐ 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

- Severe pain at the graft or donor site
- Persistent bleeding after 48 hours
- The dressing becomes 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 appears to be coming loose or separating

Medical emergency? If you ever have difficulty breathing or feel you're having a medical emergency, call 911 first, then contact our office.

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Dr. Brandon Williams, DMD, is a general dentist focusing on complex surgical and implant care. Individual healing timelines vary.