Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Dental implants, bone grafts, sinus lifts and PRF

Covers: Implant placement, bone grafting, sinus lifts, PRF and the surgical part of implant-supported dentures.

Before your visit

- Keep taking your regular medicines unless your dentist or physician tells you otherwise. Do not stop a blood thinner on your own.
- If a physician has told you to take antibiotics before dental visits (for example, for certain heart conditions or joint replacements), take them exactly as prescribed.
- If you were prescribed medicine to take before surgery, take it exactly as directed.
- If you are having oral sedation, follow our sedation instructions, including having a responsible adult drive you.
- If you smoke or vape, stopping before and after surgery helps implants heal. Ask us for help.
- Wear comfortable clothes and plan to rest for the rest of the day.
- Tell us about any change in your health, new medicines or supplements, allergies, or pregnancy.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Bleeding

- Bite on gauze for 30 to 45 minutes. Light oozing for a day or two is normal.
- If bleeding continues, bite on fresh, damp gauze for another 30 minutes with your head raised.

Protect the site

- Do not spit forcefully, use a straw, smoke or vape for at least the first 24 hours, or longer if your dentist advises. These can dislodge the blood clot.
- Do not rinse vigorously the first day.
- Do not chew on the implant site or press on it with your tongue or fingers.
- If you have a healing cap or same-day temporary tooth, do not bite into food with it unless your dentist says it is OK.
- If you wear a denture or flipper over the area, wear it only as your dentist directs.

After a sinus lift

- Do not blow your nose for 4 weeks, or longer if your dentist tells you to wait. You may sniff gently. If you have to sneeze, sneeze with your mouth open.
- A little bleeding from the nose for a day or two can be normal. If swelling is severe or you have a fever, call us at (972) 290-0903.
- Avoid flying, scuba diving and heavy lifting for 2 to 3 weeks, or until your dentist says it is OK.

Swelling and comfort

- Use a cold pack on your cheek, 20 minutes on and 20 minutes off, during the first 24 to 48 hours. Bruising can happen.

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- If antibiotics were prescribed, take all of them as directed.
- Do not drive or drink alcohol while taking prescription pain medicine.

Eating

- Eat soft foods and chew on the other side for as long as your dentist advises. Avoid hot, hard, crunchy and seedy foods at first.

Cleaning your mouth

- Starting the next day, rinse gently with warm salt water or the rinse you were given.
- Brush your other teeth normally and clean near the implant gently as directed.
- Once healed, clean around your implant every day, like a natural tooth, and keep your regular checkups.

If PRF was also used on your face or skin

- Follow the written facial aftercare you were given as well. Those skin-care rules do not replace the implant, graft or sinus-lift instructions on this page. See also our facial esthetic care instructions.

When to call us

Call us at (972) 290-0903 if you have:

- Bleeding that will not slow with firm pressure
- Swelling or pain that gets worse after the third day, fever or pus
- Numbness of the lip, chin or tongue that has not gone away by the next day
- A healing cap, temporary tooth or implant that feels loose
- After a sinus lift: a lot of bleeding from the nose, or air or fluid passing between your mouth and nose

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.