



Dental Implants in Türkiye, Step by Step: Two Visits, Healing and Aftercare

In short

What really happens when you get a dental implant in Istanbul — from the first WhatsApp message to the final crown and caring for it at home.

Medically reviewed by Dr. Mehmet Dağhan October 30, 2026 6 min read

A dental implant replaces a missing tooth with a new root placed in the jawbone, topped with a crown that looks and works like a natural tooth. Unlike a bridge, a single implant does not need the teeth next to it to be filed down.

Implant treatment is not done in one sitting. The implant has to fuse with the bone before the final crown can go on, so most patients travel to Istanbul twice. This guide walks you through each step, so you know what to expect before you book your flights.

Is an implant right for you?

An implant usually suits:

- Adults with one or more missing teeth whose jaw has finished growing.
- People with enough healthy bone — or with a bone graft planned first.
- People with healthy gums and good daily oral hygiene.
- Non-smokers, or those willing to stop. Conditions such as diabetes and some medicines must be reviewed by the doctor first.

If you are not sure, that is what the free consultation is for.



Step 1: Your consultation, before you travel

Send us your photos and any X-rays you have on WhatsApp or through the [contact form](#). During working hours we reply within 15 minutes.

A doctor reviews your case and tells you whether an implant suits you, or whether a [bone graft](#) or [sinus lift](#) is needed first. You then receive your **treatment plan and its price in writing within 6 hours**, including the number of visits and how long each stay will be.

Step 2: Arrival in Istanbul

Your coordinator, Melis, arranges your airport transfer and stays in touch with you on WhatsApp from arrival to departure. The drive to the clinic takes about 40–70 minutes from Sabiha Gökçen Airport and 30–60 minutes from Istanbul Airport, depending on traffic.

If you need accommodation, we work with partner hotels: Mercure Istanbul, Pullman Istanbul, The Nirvanas and Grand S. Our team speaks 8+ languages, so you can ask questions in your own language at every step.

Step 3: The first visit — placing the implant

At the clinic the doctor examines you and takes a 3D scan to check the bone and plan the exact position of the implant.

The implant is then placed in the jawbone, usually under local anaesthetic. The numbness wears off within 2–4 hours. If you are anxious, sedation is available on request after the doctor's assessment, and it is monitored by an anaesthesiologist.

Step 4: Healing at home

After placement you go home while the implant fuses with the bone. This process, called osseointegration, takes about three months for one implant, and up to six depending on the case. A fused implant is what allows the tooth to carry chewing forces for the long term.

During this time your aftercare team is available on WhatsApp 24/7.

Step 5: The second visit — abutment and final crown

On your second trip, the abutment — the small connector between implant and crown — is fitted.

Sometimes this needs a minor procedure to uncover the implant first. Impressions are taken and your final crown is fitted, restoring the look and function of the tooth.



After that, regular follow-up checks and a good daily hygiene routine keep the implant healthy.

Replacing several teeth or a full arch

The same principle applies to bigger treatments, with a different plan:

- **Implants for multiple teeth:** several implants support a fixed bridge or crowns.
- **All-on-4 dental implants:** four implants support a fixed bridge for the whole arch. A temporary fixed bridge may be fitted at the first visit if the implants are stable enough for immediate loading. A six-implant option is described on the [All-on-6](#) page.

If the bone is too thin, a [bone graft](#) or [sinus lift](#) may come first. The graft needs several months to heal before the implant goes in, which adds to the overall timeline. Your written plan shows every stage.

Aftercare: the first two weeks

These are the clinic's standard instructions after implant surgery. Your doctor may adjust them for your case.

Pain and swelling

- Swelling peaks on days 2-3, then eases.
- If there is bleeding, bite gently on gauze for 10 minutes.

Eating and drinking

- No hot drinks for the first 24 hours.
- Soft food for 7-14 days, chewing on the other side.
- No sport or heavy effort for 7-10 days.

Hygiene

- Brush gently and keep the implant area clean.
- Do not smoke while it heals.

Contact us straight away if you have:

- A temperature of 38 °C or higher.
- Bleeding that does not stop with pressure, or swelling that keeps growing after day 3.

Our aftercare team answers on WhatsApp 24/7: +90 552 800 60 00. The full checklist is in the [tooth implant patient guide](#).



Warranty and price

Our implants come with the **manufacturer's lifetime warranty**.

Your price depends on your case — how many implants you need, and whether a graft comes first — and it is confirmed in your written plan. See the [tooth implant prices](#) and [all our prices](#). If you want to compare with treatment at home, see our [country comparisons](#).

FAQ

How many times do I need to travel to Istanbul for an implant?

Usually twice: once to place the implant, and once — after healing — for the abutment and final crown. Your written plan states the number of visits and the length of each stay.

How long is the gap between the two visits?

About three months for one implant, and up to six depending on the case. If a bone graft is needed first, the timeline is longer.

Is implant placement painful?

It is usually done under local anaesthetic, so you should not feel pain during the procedure. Sedation is available on request after the doctor's assessment.

What can I eat after the surgery?

Soft food for 7-14 days, chewing on the other side, and no hot drinks for the first 24 hours.

What warranty do the implants have?

The manufacturer's lifetime warranty.

How quickly will I get a price?

You receive your treatment plan and price in writing within 6 hours of sending your photos and X-rays.

Questions about your treatment?

Write to us any time — we answer on WhatsApp 24/7.

