

POST-OPERATIVE CARE FOR IMPLANT PATIENTS



For the first 24 hours:

- Do not rinse or spit, swallow your saliva for today.
- Avoid smoking for 2 weeks post treatment, smoking will slow down the healing process.
- Avoid the area, keep fingers, and tongue away from the surgical area.
- Avoid drinking hot drinks such as tea and coffee.
- **Sleeping:**
Sleep with an extra pillow to lift your head for the first 2 nights to reduce swelling.

Spitting, the use of a straw, smoking, and poking the surgical area can dislodge the bloodclot that is forming and will cause bleeding from the area. Also, smoking can increase the chances of an infection.

Bleeding:

- Some minor bleeding is expected after dental implant surgery. It will usually subside quickly and stop within an hour or two after surgery.
- Keep gauze on the surgical area with some biting pressure for 30–45 minutes.
- A little oozing is normal and may persist for several hours, when blood mixes with saliva it looks more than there actually is. You will be given a pack of spare gauze to take home, if you notice the bleeding persisting please continue to bite on a piece of gauze and call the practice for further advice.

Swelling:

- Most patients will experience some swelling after surgery in the mouth. It may be mild or severe and is different for every patient. The swelling may increase for the first 24–48 hours before it starts to go away. It may last for several days. Some bruising may also develop on the face.

Oral Hygiene:

- It is very important that your oral hygiene and home care is maintained to the highest of standards and that all hygiene appointments are attended.
- You may start rinsing tomorrow, very gently, with some warm salt water (1 tsp of salt in warm water). Rinse after every meal, this will help to keep the wound clean and reduce soreness. Also rinse gently with Corsodyl mouthwash three (3) times a day.
- A surgical dressing may have been placed around the incision after surgery. Avoid brushing the area; instead use a cotton bud with Corsodyl. **Clean gently.**

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Diet:

- Please maintain a soft diet for 10 days during the healing phase, soup, pasta, eggs. Avoid crusty bread.
- Avoid chewing on the Implant site where possible.
- Supplements: All patients can help the process of healing by taking multivitamins and dairy products as part of your normal diet.

Activity:

- For the first 7-10 days after surgery, avoid physical exertion (sports, heavy lifting).
- Go easy at first with exercise and recreation, reintroduce and increase your activity slowly over several days back to your normal routine.

Medication:

- If an antibiotic has been prescribed, please take only as directed and finish the course. If you appear to be having a reaction to the medication, please contact the surgery.
- Pain medication usually is necessary post treatment; minor discomfort is to be expected, please take Paracetamol and Ibuprofen to relieve the pain, this medication can be taken every 4-6 hours. Please read the instructions carefully for each medication on how to take correctly.

Further information:

- **Avoid alcohol for the first week** or longer as this affects the healing of the tissues.
- Leave your denture out as much as possible after surgery to help healing of the soft tissues. Do not attempt to force dentures into the mouth and should they become painful stop wearing them and contact your dentist.
- If you have undergone a sinus lift procedure, avoid blowing your nose or drinking through a straw for approximately 2 weeks after surgery. This will help prevent infection. Please avoid flying or swimming for 2 weeks after surgery. If you feel like sneezing please try to sneeze through your mouth and not through your nose.

CONTACT THE SURGERY IF:

- Numbness persists for more than 6 hours after surgery, stitches become loose or fall out within the first five days, excessive pain or bleeding.

SURGERY HOURS: Woodthorpe **01904 706795**
(9am - 5pm) Bishopthorpe **01904 703427**

OUT OF HOURS: You can contact us on **07946440336**