

POST OPERATIVE CARE FOR DENTAL IMPLANTS.

Do not disturb the surgical area. Do not push on it with your tongue, finger or handkerchief, especially during the first few days. Avoid the temptation to pull your lip or cheek out to look at the area as this may cause the wound to break down.



You may experience any of the following;

- Tenderness around your injection site.
- Some visible facial bruising and/or swelling, which may increase until around the third day, after which it will gradually improve. If you have a procedure where the dentist feels that your symptoms will be more pronounced he will advise you.
- Some bleeding/oozing (blood stained saliva is to be expected).

For heavy bleeding, pressure must be applied to the area using a small compress (clean cotton handkerchief) for 10-15 minutes, longer if necessary, **if bleeding continues contact the surgery.** (Outside surgery hours contact your dentist on the number provided).

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

On the day of the treatment

- **Take care** not to bite your lip/cheek/tongue while you are still numb.
- **Rest** for a few hours, but you do not have to lie down.
- **Avoid** lying down flat for 24 hours, sleep with extra pillows.
- **Avoid** hot drinks such as tea and coffee until the numbness wears off.
- **Wait** until the anaesthetic wears off before eating and avoid chewing on the surgical area.
- **Avoid** exertion, heavy lifting or sudden stooping for the first few days after surgery.
- **Avoid** alcohol.
- A fairly **soft diet** is recommended so avoid chewy hard foods. Foods that are rich in protein will aid healing. Good sources of protein are eggs, ground lean beef and dairy products.

Avoid smoking for as long as possible, as this will delay healing.

Pain after surgery can be relieved by taking routine painkillers such as paracetamol, not aspirin or anadin as these can promote bleeding. Always read the label, **if in doubt contact the surgery.**

Antibiotic course if prescribed should be used as directed and finished, if you seem to be having a reaction to the medication, **please call the surgery.**

Ice packs and/or **Arnica** can be useful to help reduce swelling and bruising.

After the anaesthetic has worn off, an ice pack wrapped in a damp towel can be pressed gently onto the outside of the face, over the relevant area. Apply for 20 minutes; remove for at least 30 minutes before re-applying any further ice packs.

Try to maintain freedom in all movements, opening/closing your mouth; moving your head and neck, with gentle exercises, little and often.

Corsodyl mouthwash should be started after surgery. Gently allow the solution to bathe the wound, very lightly without swishing. The solution should be held in the mouth for approximately two minutes and then discarded. Avoid the temptation to rinse with water after this to get rid of the taste. Continue the mouthwash regime after each meal and last thing at night, for a week, as this will help to reduce the chance of infection.

Do not brush the surgical area and any adjacent teeth during the first week.

If your implant is placed in the upper jaw further back than your canine **do not** blow your nose for two weeks after surgery, this will help avoid infection. It is not unusual to experience a nosebleed.

As with any surgery there is a risk of infection so again if you have any concerns or queries **please contact the surgery on 01626 365896 or your dentist on the number provided.**

