



Post Operative Instructions after Implant Surgery

The post-operative reaction varies between patients following implant surgery. However, it is normal to experience some post-operative pain and swelling for 2 to 3 days. An ice pack applied for 30 minutes each hour for the remainder of the day will assist in minimizing any swelling.

GENERAL INSTRUCTIONS

For 48 hours after surgery you should avoid (as this may stimulate bleeding):

- Hot food and drinks
- Alcohol
- Vigorous exercise

CHEWING

Please do not chew on the operated side for the next 2 weeks. Avoid hard foods, which might traumatize the site. It is very important that no pressure is exerted on the implant by chewing, or pressure from a denture. This may lead to loosening and failure of the implant. Avoid eating nuts and hard biscuits etc. that may lodge between the implant and soft tissue cuff.

PAIN CONTROL AND ANTIBIOTICS

- Take NUROFEN or PANADEINE for the next 24 hours or longer if necessary. Take two tablets of either Nurofen or Panadeine every 6 hours. Nurofen must always be taken with food, but should not be used if you have a history of asthma, or a stomach/duodenal ulcer.
- If antibiotics have been prescribed, please follow the instructions and complete the course.

DENTAL HYGIENE

Do not brush the surgical site for the next 2 weeks. To keep the site clean, rinse with SAVACOL in the following manner:

- First, brush, floss and /or use interdental brushes on teeth not involved in the surgery.
- Rinse your mouth thoroughly with water to remove the toothpaste residue.
- Rinse gently in and around the surgical site with 15 mls of the mouthrinse for a full 60 seconds (please time this). Do this TWICE a day for the first 2 weeks.
- Do not rinse with water after using the mouthrinse and avoid eating or drinking for 30 minutes.
- The mouthrinse may cause staining of the teeth and top of the tongue. Staining of the teeth can be polished away later by your dentist or hygienist.

DENTURES/REMOVABLE BRIDGE

If a denture has been inserted following the procedure, please follow the following instructions:

- Leave the denture/removable bridge in overnight for the next 7 days (remove the denture for cleaning and when using mouthrinses). Leaving the denture in overnight will help to protect the extraction socket and will allow you to become accustomed to wearing a denture more quickly.
- After 7 days, the denture/removable bridge should be left out at night and stored in water to prevent the plastic from drying out and cracking.
- Use a toothbrush and soapy water to clean the denture, particularly the side that sits against the gums.

STITCHES

The stitches are dissolving sutures, and will gradually fall away over the next one to two weeks. Any residual stitches will be removed at your post-operative appointment. If you have any concerns, please contact your operating dentist at work on (03) 98781411.