



Recommended Care Following Implant Placement / Bone Grafting Surgery

You have just undergone an intraoral surgical procedure. The purpose of these instructions is to allow for proper healing of the surgical site and to keep swelling and discomfort to a minimum.

Local anaesthetic: This numbness should wear off within a couple of hours. Please be very careful not to drink hot fluids as this may cause burning. Also be very careful not to bite your lips, cheeks or tongue.

Swelling: After the operation you may experience some discomfort, swelling, and jaw stiffness. Swelling post-operatively is a normal reaction and can last between 2-5 days. Don't be alarmed by this. You can help reduce the swelling by applying an ice pack to your face next to where you had surgery. Apply the ice pack with firm constant pressure for 10 - 20 minutes, and then release the pressure for five minutes. This allows the skin area to re-warm. Repeat this routine for the next 2 - 4 hours. No more ice packs should be used after the first 24 hours.

Pain Killers:

When you get home – take 2 x 500mg tablets of Paracetamol (1g total)

3 hours later take 2 x 200mg tablets of Ibuprofen (400mg total)

3 hours later go back to the 2 x 500mg tablets of Paracetamol (1g total)

3 hours later take 2 x 200mg tablets of Ibuprofen (400mg total)

Continue this regime like clockwork for 3 days even if you don't feel pain – it will help with the swelling

Then take as and when you need it

Antibiotics

If antibiotics are prescribed should the antibiotics be taken until they are all gone.

Antibiotics may be prescribed to help prevent infections. Follow these instructions for whichever medication you have been given.

- **Amoxicillin 500mg Capsules:** Please take 1 tablet every 6 hours (3 times a day) with some food. Please start this 24 hours before your implant placement appointment
- **Metronidazole 400mg Tablets:** Please take 1 tablet every 6 hours (3 times a day) with some food. Please start this 24 hours before your implant placement
- **Erythromycin 500mg Tablets:** Please take 1 tablet every 4 hours (3 times a day) with some food. Please start this 24 hours before your implant placement

Bleeding

Some oozing of blood during the first 24-48 hours is normal – Just swallow

If you notice the next day there is still a lot of “oozing” of blood from the surgical site then fold a clean tea towel, moisten it with salt water then place it directly over the spot that is bleeding and bite lightly for about 20-25 minutes.

Hygiene – Very Important

Please do not rinse your mouth out or spit repeatedly today as this may cause bleeding and delayed healing.

From tomorrow use Corsodyl mouthwashes 4-5 times daily especially after you eat/drink anything.

Use half a capful (10ml) of undiluted Corsodyl and hold in your mouth for 60 seconds. Corsodyl mouthwash can be bought over the counter at any chemist or pharmacy.

It is extremely important to brush your teeth daily using a soft toothbrush. Teeth and gums next to the surgical site should still be cleaned daily also with a very gentle action but ensure all food debris is cleaned away from the stitches. It may be a little uncomfortable for you but it will not hurt the surgery area even if some stitches come out. Your mouth will feel fresh and odour free. Cleaning the gums and stitches will also remove harmful bacteria. If these bacteria are allowed to build up on the gums and stitches this could lead to an infection or slow your healing.

Diet

Stick to soft foods for 3 days – soups and pasta for example.

please do not eat over implant area, there should not be any pressure around the operation site.

Avoid tough meats and chewy breads. Avoid alcoholic beverages and hot liquids for the first day.

Return to your normal diet after a 1 week but still apply no pressure to the implant site.

Old dentures may not be worn until adjustments have been made (usually done at the same time as implants placed). Insertion of dentures too early may delay or affect the healing. The denture should not apply any pressure onto the gums – when eating don't bite directly onto the denture teeth use your natural teeth if you have.

Smoking and other Things to Avoid

Do not smoke for at least 3 days following surgery as smoking has been shown to increase the risk of delayed healing significantly. However smoking generally with implant treatment is ill advised due to the increased risk of failure

Do not be tempted to stretch your lips to check our handy work. Also avoid touching the wound with fingers, handkerchief, tissues, etc., as this can lead to post-operative infection.

Stitches

Stitches are placed during the surgery. These will dissolve themselves or need to be removed 1 week after surgery, your clinician will advise and arrange this for you.

If you have any concerns or questions, please do not hesitate to call your dentist.