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POST OPERATIVE INSTRUCTIONS FOLLOWING SURGICAL PLACEMENT OF DENTAL IMPLANT AND FITTING OF HEALING ABUTMENT AT THE SAME PROCEDURE

It is important that you do not chew on the implant(s) for the next 2 months. Loading the implant too early may lead to its failure to integrate with the bone.

Review

You will be asked to make a review appointment around 7 to 14 days after today's surgery (this may vary from patient to patient). Please make this appointment by calling our practice and attend the review, as it is important to ensure there are no post-operative complications. There is no fee for this review appointment.

Oral Hygiene

The most important contribution you can make towards good healing is to keep your mouth and teeth clean. Please brush your teeth extremely well, only avoiding the site of surgery for the next 7 days but using the mouthwash described below. After 7 days begin to brush carefully using a Baby's toothbrush (these have very soft bristles) around the healing abutment that can be seen projecting through the gum. This abutment **MUST NOT GATHER PLAQUE** or infection can result and implant failure may occur.

Around 3-4 hours after surgery begin using a warm-to-hot salt water mouthwash.

DO NOT WASH VIGOROUSLY, ONLY BATH THE MOUTH GENTLY. Then repeat every 2-3hrs and after all eating occasions until healing is complete in around 2-3 weeks' time by which time full brushing should be re-implemented.

Ask Dr _____ if you can use a **CHLORHEXIDINE GLUCONATE 0.2%** mouthwash known as **CURASEPT** or **SAVACOL** each morning and evening **VERY GENTLY** for 2-3 days prior to your surgery and for 7-10 days after surgery (obtained from your pharmacist), then discontinue using mouthwash after 10-14 days and carry on using a warm, -to-hot mouth bathing until healing is complete.

Smoking

If you are having implant treatment you should not smoke at all.

You should be a non-smoker. If you do smoke and have chosen to continue, **PLEASE DO NOT SMOKE FOR 10 DAYS AFTER IMPLANT PLACEMENT AS AN ABSOLUTE MINIMUM.** Failure to observe this instruction is likely to result in failure of the implant (s). In addition, an acute infection may arise at the surgical site that will be extremely painful and can be quite resistant to treatment, even using antibiotics. For those people choosing to smoke, the best advice is of course- **GIVE UP SMOKING FOR LIFE**, for lots of reasons!

Eating and Drinking.

You must avoid eating any food that requires chewing for the next 3 days. **LOADING OF THE IMPLANT MUST BE AVOIDED.** It is best to avoid any food for 4 hours after surgery to prevent post-operative bleeding or opening the surgical site. You may begin drinking water **THROUGH A STRAW** around 2 hours after surgery. When you begin eating, choose **ONLY SOFT MUSHY FOODS**, eat on the opposite side of the mouth from the surgical site (where possible) and always wash out **GENTLY** with a warm-to-hot water mouthwash after eating.

Later implant stability test

The implant will be left to heal in the bone before you are asked to return for a test of the implant stability. This may be anytime from 2-6 months depending on surgical factors. If your implant(s) is/are stable and firm, Dr Rajiv will lay out the future care and maintenance requirements to ensure long term success of the implant(s). **REMEMBER:** You must have regular professional dental hygiene care to ensure the long-term success of your implant(s).

If you suffer surgical complications contact us on 49985572 immediately.