

Post-Operative Instructions after an Implant placement

Immediately Following Treatment:

- Bite firmly on the gauze pads covering the surgical site for 30 minutes to help control bleeding. You may change the gauze at home if needed.
- If bleeding is excessive (defined as pooling or dripping blood within 15-20 seconds after removing the gauze), apply a clean gauze pad and bite down for another 30 minutes.
- Remove gauze before eating or drinking.
- Minimal bleeding may persist for up to 24 hours. It is normal for saliva to be slightly blood-tinged for several days.
- If you have concerns about excessive bleeding, please contact our practice at 49985572.

Numbness and Sensation:

- You may experience temporary numbness in your lips, cheeks, or tongue due to the anaesthetic. This should wear off within 2-6 hours.
- Take care to avoid biting your lips, cheek, or tongue while numb.

Pain and Swelling Management:

- Some pain and swelling are expected after surgery.
- Your dentist may advise using an ice pack on the outside of the cheek to minimize swelling.
- You may receive a prescription for antibiotics and/or pain relief. Follow your dentist's or pharmacist's instructions carefully.
- If you experience severe pain, please contact our surgery.

Diet:

- If possible, chew on the opposite side of the surgical site.
- If multiple teeth were removed, stick to soft foods for at least the first day after surgery. Examples include lukewarm soups, custards, scrambled eggs, and pasta.
- Avoid hard, crunchy foods that could disturb the implant site for at least a week.
- Refrain from consuming alcoholic beverages for at least 24 hours after surgery or while taking pain medication.

Smoking:

- Do not smoke for a few weeks, as specified by your dentist. Smoking can slow healing and increase the risk of implant failure.

Brushing and Rinsing:

- Avoid brushing, rinsing, or spitting on the day of surgery.
- The day after surgery, resume brushing your teeth but avoid the surgical area for about three days.
- Start warm, gentle saltwater rinses the day after surgery. Use 1 teaspoon of salt dissolved in a glass of water and rinse gently 3-4 times daily for about a week.

Follow-Up Appointment:

- You may be scheduled for a post-operative review or suture removal.
- It is essential to attend this appointment to ensure proper healing.

If you have any questions or concerns, please don't hesitate to contact our practice.

Remember to see your dentist regularly, prevention is always more enjoyable, better for your overall health, comfortable and less expensive than treatment.