

### **Post-Operative Care for Implant Surgery**

- 1) After surgery is completed, stitches will be placed. These must remain in place for approximately one week after which time they will be removed by the dentist. Please let us know if these become dislodged during the healing period. You can brush around the implant gently during this time.
- 2) Warm salty water rinses should be started the day AFTER surgery. Do this twice a day for two weeks using half a teaspoon of salt to half a mug of water. Corsodyl (chlorhexidine mouthwash) may be used as an alternative. In either case when rinsing, LIGHTLY shake your head so that any dressings are NOT dislodged. This will all encourage healing.
- 3) Please take all medication prescribed as discussed until finished. If you seem to have any adverse reactions to the medication please call either number given below as soon as possible.
- 4) A) You will be able to eat and drink the same evening only if you wish to do so. Food and drink MUST be soft and cool, ie: soup, pasta, cottage cheese, fish and dairy products also soft vegetables. A blender may be useful for preparing foods. A modified soft diet should be maintained following surgery whilst the implant heals. Avoid the area by NOT playing with it with your tongue, smoking heavily or eating crusty foods.  
B) Whilst recovering from any sedation try NOT to do anything which could affect your safety, ie: boiling kettles, cooking, using gas, running a bath etc. You may feel normal BUT your concentration and reactions may be affected for up to 24 hours.
- 5) Ice packs may be used to ease any bruising and swelling. Gently hold the pack against the face but wrapped in a tea towel, and use for as many days as required. Bags of frozen peas etc are ideal.
- 6) To aid healing some patient's recommend a herbal remedy called 'Arnica' to encourage healing (tablet and/or cream). Available from most pharmacies.
- 7) Try NOT to blow your nose for two weeks following this surgery.
- 8) As with any surgery the possibility of infection exists. This is usually indicated by abnormal pain, bleeding or bad taste. It is normal to be swollen and bruised for the first few days. It is important to AVOID smoking during the healing phase. Please phone the practice if you have any concerns whatsoever.
- 9) Numbness of the chin and/or lip can occur if you are having lower implants. In most cases this disappears in time, but if you find after six hours you still experience numbness please do call the surgery (02879 632495) or my own mobile number (07815045402) without further delay.
- 10) You will need to have an appointment approx one week after your operation for observation, removal of any dressing and/or stitches and a follow up of treatment.
- 11) In case of an emergency please contact the surgery on 02879 632495 or my own mobile number 07815045402