

Implant Post Surgery Care

Immediate After Care

No hot drinks or hot foods whilst the local anaesthetic is still in effect.

Once the local anaesthetic has worn off, you may eat and drink normally again. However, eat away from the implant(s) for the next 10-12 weeks. This is important to ensure bone heals directly around your implant(s).

Avoid forceful mouth washing or swishing with liquids for the first 24 hours. This may wash out the forming blood clot.

If you have had intravenous sedation you must not drive for 24 hours, operate machinery or sign any legal documents.

Next Day Care

For the next 4 days take a mouthful of warm salty water (1 tsp of salt in a warm glass of water) and hold over surgical site, then swish gently to cleanse the area. Repeat 3-4 times per day.

Use a commercial antibacterial mouthwash such as Savacol, Listerine or Plax, to clean the area until a toothbrush can be used painlessly.

When able, brush and floss around the healing abutment and the temporary implant crown or bridge.

Experiencing Pain

It is recommended to take 2 Nurofen tablets followed by 2 Panadol tablets 2 hours later. You can alternate these two painkillers every 2 hours if required. Avoid aspirin as it can cause bleeding.

Swelling

Minor swelling around the implant site is not uncommon but if significant swelling occurs, continue salt water mouth rinses and please contact us if it persists over 48 hours.

If pain persists or is getting worse rather than improving, contact reception during office hours. Outside these hours please seek advice from a dental or medical practitioner.

Bleeding

Usually it is not serious and is easily controlled. Rest sitting up and clear the mouth of any clotted blood using the gauze, if provided. Apply pressure for 15 minutes on the area by biting down on a gauze pack until the bleeding stops.

Use a folded handkerchief or piece of cloth/flannel if no gauze is available. Repeat if necessary. Seek advice if bleeding continues.

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Continuing Care

To maintain healthy soft tissues, regularly brush and floss your implant at least once a day to remove any plaque.

Use a soft toothbrush to clean around your implant. Jiggle your brush whilst holding it at a 45 degree angle to the gum line. Try to avoid brushing down on the gum as this will encourage the gum line to be pushed away from your teeth.

Flossing between the adjacent implant crowns and/or natural teeth is vital to maintain good soft tissue health around your implants.

Post-Operative Appointment (Or Unit)

If sutures were used, they will disappear in a couple of weeks. If non dissolving sutures were used, arrangements would have been made for removal 7-10 days after surgery. This is a painless procedure and does not require local anaesthetic.

Standard protocol is to recall the patient in 4-5 months for review of the implant(s).

From that time on, you may proceed with construction of the final crown/s or bridge/s.