



smilemakers

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After An Implant

We want your recovery to be as smooth and as pleasant as possible, so please follow these instructions very carefully. If you have any concerns or questions, please don't hesitate to contact us.

- You must not be left unattended for four (4) hours post-surgery or until you feel completely normal. Please make sure that you have organised for a family member or friend to be with you constantly during this time.
- You may feel shaky for the rest of the day – don't worry, this is normal and it will pass. You must rest and take it very easy.
- Do not rinse your mouth until the next morning after the procedure. After that time it is beneficial to do lukewarm salty water rinses – (1 teaspoon of salt in 600ml lukewarm water). Be sure to do these rinses very gently for 2 days after the procedure. On the 3rd day after the procedure, start using the chlorhexidine mouthwash provided by us.
- Try to keep food away from the surgical area as long as possible. Be sure to rinse following eating to keep the area as clean as possible. When the numbness has gone, choose lukewarm drinks and soft foods (i.e. soups, purees, mashed potatoes, jelly, protein drinks, yoghurt and scrambled eggs) for 1 week and avoid chewing directly over the area until you first review appointment. **Use the prescribed mouthwash provided by us** – one (1) cap twice daily from the day after surgery and rinse for a full thirty (30) seconds.
- Avoid strenuous exercise for forty-eight (48) hours after the procedure.
- Avoid alcohol for a week following the procedure, or for the period of your antibiotic cover (whichever is longer). This will allow the gums to heal.
- **Smoking is one of the main causes of implant failure** so please do not smoke for a minimum of forty-eight (48) hours after your procedure. Ideally use nicotine patches or substitutes for one (1) week prior and three (3) weeks after the surgery.

- You may feel some discomfort/soreness for a few days but this can easily be managed with simple analgesics. You will be taking Nurofen for two (2) days after the procedure. You can take panadol/panadeine as required if you need additional pain relief, but this is unlikely. The dosage should be 1 to 2 tablets every six (6) hours. **Important note:- Do not exceed eight (8) tablets per day.** If pain increases then please call us straight away.
- If you have been given antibiotics to take, then please be sure to complete the full course as prescribed.
- If you experience prolonged bleeding place a gauze pack over the area and close your mouth gently on it. Also, please call us immediately to let us know.
- For the rest of the day of the procedure do not have a bath or shower unsupervised, as you may have a dizzy spell and fall.
- Some swelling is normal, and will usually be worse in the mornings after lying flat all night, but it will start to resolve after forty-eight (48) hours. Swelling can be reduced with ice packs wrapped in a towel. Hold the pack on the area for a maximum of ten (10) minutes at a time, with a twenty (20) minute break and repeat as needed. After twenty-four (24) hours, gentle heat may be beneficial and you may find that heat packs (not too hot!) may be soothing. Sleeping propped up on two or three pillows may also help to keep swelling down. There may also be bruising on your skin which will clear after a few days.
- You will have sutures from your surgery. These will need to be removed by us fourteen (14) days after your procedure. In the kit provided, you will have an appointment card with your follow-up visits – for one week and two weeks after surgery. If part of a suture starts to come out, please do NOT pull on it – call us ASAP and we will get you in to have it checked.
- It is essential to keep your mouth as clean as possible. You should start to brush your other teeth on the evening after surgery. Be sure to avoid the surgical site for the first two (2) days, but then very carefully clean this area as well when tenderness permits. **We will provide a special surgical toothbrush to use on the surgical sit.** but do not floss the surgical area. Please do not use a water jet or an electric toothbrush. Be sure to be very gentle.
- Importantly, you will also need to use the prescribed mouthwash forty-eight (48) hours after surgery and continue this 2-3 times a day for seven (7) days. **We will provide you with the special mouthwash and surgical toothbrush.**
- You are advised to have regular three (3) monthly visits with us to ensure that the implant is kept as clean as possible.

***Please contact us immediately if you have any concerns.
If after hours, please call Katoomba Hospital on 4784 6500.***