

DENTAL IMPLANTS – Post-Operative Instructions.

You have just had placement of dental implants which is a minor surgical procedure. These are instructions to help achieve good, rapid and uneventful healing. Please read these carefully and follow them carefully.

1. You may have minimal bleeding from the operation site. This is not unusual over the 1st few days. If you have a heavy bleed like a nose bleed, get a cotton roll of clean handkerchief, dampen it with a few drops of water and gently place it over the bleeding site and bite on it gently for about 30 minutes. If the bleeding persists, contact your dentist or call 111.
2. It is possible to feel some pain or discomfort after the anaesthetic wears off. This is normally mild. You are advised to take painkillers such as **Paracetamol** and alternatively **Ibuprofen** if you are not allergic or intolerant to these. You should take these before the anaesthetic wears off to maintain a pain-free period.
3. You may develop swelling or a puffy face after surgery. This may be reduced by use of Ibuprofen, sleeping with extra pillows to prop up your head and use of ice packs or frozen peas in a flannel against your face. Never use a hot water bottle against your face.
4. If you have been placed on **Antibiotics**, make sure you take and finish the whole course. This is to prevent infection, one of the commonest complications of implant surgery.
5. Rinse out your mouth with Corsodyl or any other Chlorhexidine **Mouthwash** followed by sparingly apply Corsodyl **gel** to the implant site.
6. Maintain good oral hygiene measures. Continue to brush the rest of your teeth twice daily.
7. If you are a smoker, it is mandatory that you smoke as few as possible during and after treatment. Smoking promotes infection and also slows the healing rate by reducing the blood supply to the implant site.
8. Your stitches are dissolving stitches and may be present for a few weeks before they fall out.
9. Eat and drink well and take supplements such as Vitamins to help the healing process.

If you have any major concerns, please contact the practice during normal clinic hours. During Out-of-hours either call 111 for urgent advice or call the clinic during the next working day.

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