



Post-Operative Instructions

Following Implant Placement

Immediately after your implant placement surgical (1-1.5 hours)

- You might need to bite on a gauze placed after the procedure, as pressure will help stop the bleeding
- Avoid eating, drinking, smoking or rinsing your mouth.

For the rest of the day:

- Make sure that you eat and drink but do not have anything very hot, cold or fizzy - lukewarm is best and soft food is better than hard or chewy food.
- Do not spit or rinse your mouth today
- Do not take part in vigorous exercise or active sports as this may start the bleeding again.
- The numbness will last for 2 - 4 hours so take care not to bite your tongue, lip or cheek during this time.
- If bleeding results and persists roll up another gauze (provided) and bite firmly down on it for 20 minutes whilst sitting upright. A small amount of bleeding is normal after a surgery procedure, but if bleeding does not stop please contact your dentist.

The next day (best after 36-48 hours from surgery):

- you can brush the other teeth properly but avoid brushing the area with the surgery.
- Start salt mouthwashes. Dissolve a teaspoonful of salt in half a tumbler of warm water (not too hot). Take a mouthful and hold it over the site of the extraction or operation. Let the water come freely out of your mouth rather than sucking and spitting. Finish all the mouth rinse and repeat this as often as possible but at least after every meal and before bed. Do this for several days as it will help to keep the area clean.
- Expect some discomfort after and if necessary, take the recommended dose of ibuprofen, paracetamol or your usual painkiller but avoid aspirin unless you are taking aspirin for your other medical conditions. If the pain persists, please contact your dentist.
- Your mouth may swell a little and this is quite normal after an operation. If the swelling is excessive or lasts longer than 2-3 days, please contact your dentist, or if it is out of hours and you feel like your breathing is affected please call emergency services (999)
- depending on the location and difficulty of the surgery, some bruising might appear on the region. It usually disappears in a few days, but do contact the dentist if it doesn't.
- avoid alcohol for the first week or longer as this will affect the healing of the tissue. Avoid smoking for 2 weeks, as this will also slow down the healing process.
- if you have a denture over the implant site leave the denture out as much as possible after the surgery to help the healing of the soft tissues. Do not attempt to force dentures into the mouth and should they become painful stop wearing them and contact the dentist
- if you have been advised to keep dentures in, only remove them to clean the gums and the dentures and put them straight back in place (3 times daily). It might take 5-7 days for the swelling to reduce and before you can leave the denture out.
- sleeping: sleep with an extra pillow to lift the head for the first 2 nights to reduce the swelling
- if an antibiotic has been prescribed, please take only as directed and finish the whole course. If you appear to be having a reaction to any prescribed medication please contact the surgery or, if it is out of hours or the reaction is severe, call 999.

- if you have undergone a sinus lift procedure, avoid blowing your nose or drinking through a straw for approximately 2 weeks after surgery. This will help prevent infection. Please avoid flying or swimming for 4 weeks after surgery. If you feel like sneezing please try to sneeze through your mouth not through your nose. Do not use a sauna or steam room for 4 weeks after a sinus lift procedure.
- PLEASE CONTACT THE SURGERY IF: Numbness persists for more than 24 hours after surgery. Stitches become loose or fall within the first 4 days. Excessive pain or bleeding

If you have any questions and need to speak with someone out of surgery hours please call us and leave a message at 01297300761 and we will call you right back.

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