



Implant Surgery Post Operative Instructions

Today

Important – No Smoking!

Wait to eat until the Anaesthetic and numbness has gone away, and begin with light soft foods that are not too hot, ensure good vitamin intake, especially Vitamin C through fruit juices, to improve gum healing.

Avoid exercise and increasing your heart rate for the first 24 hours, no marathons!

Avoid rinsing as much as possible, especially in the site of surgery.

If you have any discomfort after the numbness wears off, use pain relief as prescribed, using Panadiene 15, if advised, one tablet every four hours at first.

Continue to take your antibiotics as indicated, usually one tablet 3 times a day, until the course is finished.

If you are wearing a plate, this can be worn for the first 24 hours without needing to take it out.

TOMORROW

Starting the day following surgery you need to rinse with warm salty water 3-5 times a day after brushing your teeth and after all meals, you need to take your plate out also (If you have one) and wash and brush it also, to remove any food debris.

Avoid brushing the implant site for a few days following the surgery.

2 DAYS AFTER

Brush and clean your teeth as usual taking care to avoid brushing the site of surgery if indicated. Rinse with Salt Water three times a day after meals and no brushing in the site of surgery and adjacent teeth for the next week.

FOR THE NEXT 6 WEEKS

Treat the surgical area like you would a broken leg, there is no difference! Don't put weight on it! So chew on the other side of your mouth, and guard the affected area of your mouth.

If you have any questions or concerns please don't hesitate to contact our practice at any time. You should inform our surgeries if you experience any of the following: continuous bleeding; increasing pain or discomfort especially after day three following surgery; allergic reactions; or fever and other body discomfort.