



## Post-Operative Care for Dental Implants

It is essential for the early healing process that the following directions are observed during the first two weeks after the surgery:

1. Maintain gentle pressure on the gauze placed over the wound for about 30 minutes.
2. Do not rinse your mouth out for 24 hours.
3. Use an ice pack for 30 minutes every 2 hours to minimise swelling.
4. Take analgesics as prescribed/required.
5. Should an oozing bleeding occur in the operated jaw, it may usually be stopped by softly biting for 15 minutes on a roll of gauze. If the bleeding does not stop by doing this, please let us know as soon as possible.
6. If possible, an elevated headrest (an extra pillow) should be used during the first two nights after the surgery to reduce swelling in the operated areas.
7. Only liquid food should be consumed during the first 6 days in order to avoid food particles contaminating the wound. Semi-liquid (mashed) food may be added to the diet during the second week. Smoking and consumption of alcoholic beverages should be avoided during this time.
8. After each meal the mouth should be thoroughly rinsed with warm salty water starting one day after the surgery.
9. Specific mouth rinses or other disinfectants should not be used during the first two weeks, unless prescribed.
10. Old dentures should NOT be worn until refitting adjustments (relining) have been made. Insertion of dentures too early may jeopardize a successful healing process.
11. If you are in doubt or there is any sign whatsoever of a disorder related to the healing of the implant areas, you are kindly requested to contact our practice.
12. It is important to keep the abutments clean. Starting one day after the surgery wipe gently with a piece of damp gauze when you brush your teeth. After two days use a soft toothbrush to gently clean around the implant abutments. The metal abutments should always look shiny after cleaning.
13. A post-operative check will be undertaken one week after the implant surgery to review the healing and to remove any sutures.
14. Post-operative medication should be taken as advised.

If you have any questions or concerns please call us on **1300 AIM DENTAL**.