



## Post Implant Surgery Instructions

**Do not disturb the area:** For the next few days, and especially the first 24 hours, it is very important to allow your body to form a good clot and start the natural healing process.

**Bleeding:** When you leave the office, you might be biting on a slightly dampened gauze pad to control bleeding. Keep slight pressure on this gauze for at least 20 minutes. Don't change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 20 minutes, you may remove it. If the area continues to bleed you may need to repeat this process.

**Smoking:** Smoking should be stopped following surgery. Healing and risk of complications of the surgery will be substantially increased by the cigarette smoke chemicals in your body. Smokers are at greater risk of developing a painful Dry Socket.

**Pain:** Some discomfort is normal after surgery. To minimize pain, take Maxigesic or similar combination analgesic. Do not take Aspirin this may lead to further bleeding. If prescription pain medication is prescribed, take it as instructed on the label. If the pain persists after 3 days please call the surgery.

**Rinsing:** Avoid all rinsing or swishing for 24 hours after implant surgery. Rinsing can disturb the formation of a healing blood clot which is essential to proper healing. After 24 hours, you may begin gentle rinsing with Curasept mouthwash, continue gentle rinsing for 3-5 days, twice a day after meals. If you have a reaction to Curasept mouthwash please stop using it straight away and seek medical assistance.

**Diet:** Have something to eat but avoid eating on the implant site. Avoid alcohol for 48 hours and as well as hot, hard or spicy foods.

**Activity:** After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

**Antibiotics:** If you were given an antibiotic prescription, take all of them as directed.

**Sutures:** The sutures that have been placed are either resorbable or non-resorbable. In most instances we use the former. These resorbable sutures dissolve over 1 week and should come out by themselves.

**Dentures:** If you have been provided with a denture please keep it out for the first 24 hours after surgery unless your dentist has advised otherwise. For the first 3 months the implants are very unstable and we prefer that no pressure is applied on the head of the implant for this period.

**Lose implant screw:** If you feel that the screw which is covering the implant is loose in the mouth please call our surgery as it needs to be placed back on to prevent bacterial infection of the implant during healing.

Please call me on 0411551499, if you have any problems or queries at all.

Following these instructions very closely will greatly help your comfort,  
and promote uneventful healing of the area.