

Post implant Surgery Instructions

Do not disturb the area:

For the next days and especially the first 24 hours, it is very important to not play with the surgical site or touch it with your tongue .This will allow your body to form a good stable clot which helps to jump start the natural healing process.

Bleeding:

When you leave the office, you might be biting on a slightly dampened gauze pad to control bleeding. There might also be a band aid and or sutures placed over the socket. Keep slight pressure on this gauze for at least 30 minutes. Do not change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 30 minutes, you may remove it. If the area continues to bleed you may need to repeat this process. The band aid normally falls out after 3-4 hours and the sutures will be present for up to 1 week. Playing with the sutures might undo them .

Smoking:

Smoking should be stopped following surgery. Improper healing , risk of complications of the surgery, implant failures will be substantially increased by the cigarette smoke chemicals in your body. Smokers are at greater risk of early implant failures.

Pain:

Some discomfort is normal after surgery. To minimise pain, take Maxigesic or alternate between Paracetamol and Ibuprofen as instructed. Do not take the above if you are not allowed to take Ibuprofen. Please speak to your dentist about alternative pain medications.

Do not take Aspirin as this may lead to further bleeding. If prescription pain medications are prescribed, take them as instructed on the label.

Rinsing:

Avoid all rinsing or swishing for 24 hours after surgery. Rinsing can disturb the formation of a clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours, you may begin gentle rinsing with a saltwater solution twice daily (1/2 teaspoon salt + 1 cup warm water), continue gentle rinsing for 3-5 days, at least after meals. You can also rinse with Curasept mouth wash twice daily . If you feel any signs of allergic reactions to Curasept please stop instantly and call emergency .

Diet:

Have something soft to eat (food that can be squeezed between your finger tips) and avoid eating on the extraction site for 48 hrs Avoid alcohol for 48 hours and as well as hot or spicy foods.

Maintain a soft diet for 1 week post implant placement .

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 are given an antibiotic prescription, please take all of them as directed. Do not stop antibiotics until the course is complete. Please stop your medications and call emergency if you have any allergic reaction. Please also advise your dentist for future precaution.

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. If an intra-oral bandaid is placed it will fall out in 2-5 hours.

Dentures/ Temp retainers:

If you have been provided with a denture please keep it out for this first 24 hours after surgery unless your dentist has advised otherwise. For the first 3 months the implant is very unstable and we prefer that no pressure is applied on the head on the implant for this period. Make sure that your denture does not sit on the caps covering the implants .

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.

Immediate teeth on implants :

If we have paced a tooth for you on your Implant during surgery , this tooth will be out of your bite. It is absolutely important that you do not have anything hard to eat for the first 45 days . You must also avoid all contact on the new implant tooth. This is a temporary tooth and will be replaced with a permanent tooth once the implant has healed.

Please call the practice / Dr Trilok Vallury on 0411551499 if you have any problems or queries at all.

Following these instructions closely will greatly help your comfort and promote uneventful healing of your dental implant.