

# Post Operative Instructions After Implant Surgery

1. As soon as possible after the surgery, an ice pack placed over the area will help reduce any swelling. Use the pack provided and wrap in a tea towel. This is only useful on the day of surgery.
2. If in the unlikely event of bleeding reoccurring, bite on a gauze pack placed directly over the wound. Keep your teeth together with firm pressure for at least 20 minutes. Sit upright.
3. The day after surgery use warm salt mouth baths to help rapid healing and alleviate any pain or discomfort. This should be done one to two hourly. Method: Put on teaspoon of salt into a tumbler of warm water. Over a period of 5 minutes repeatedly hold a mouthful of this over the operation site without swishing.
4. It is essential to use the mouthwash at 50% dilution twice a day – morning and evening. It is important to clean your teeth as thoroughly as possible. Use the soft toothbrush provided near the stitches.
5. Swelling is to be expected in most cases and will reach a maximum 48 hours after surgery.
6. Stitches are usually dissolvable unless advised otherwise.
7. Avoid smoking for 48 hours.
8. Avoid strenuous activity for 3-4 days.
9. Avoid alcohol for 48 hours.
10. Pain killing tablets (paracetamol, ibuprofen) to be taken as directed on the packet.
11. A course of antibiotics may be prescribed. Unless side effects occur, these tablets must be taken until the course is completed.
12. If you wear dentures these should be left out as much as possible.
- 13. Do not chew on the area where the implants have been placed for the first 6 weeks after surgery.**
14. A soft diet (soup, scrambled egg, pasta) should be followed for the next few days after surgery. Avoid spicy foods after surgery.

**If you need further advice, please call 0208 786 3865. For emergencies call us on 07929 184971, leave a message and we will call you back**