

POST OPERATIVE CARE DENTAL IMPLANTS

Diet After your surgery, you will want to eat nourishing food that can be eaten comfortably. Temperature of the food does not matter, but avoid extremely hot foods and liquid. We recommend that you only consume [soft foods](#) during the first 6 days to avoid food particles contaminating the wound.

After each meal, the mouth should be thoroughly rinsed with warm saline solution (*1/2 teaspoon of salt in a glass of warm water*) or mouthwash containing chlorhexidine (*available at your local pharmacy*).

Managing Swelling We recommend covered [ice packs](#) or a cold compress applied for a period of half hour to the face over the surgery site to reduce any chance of swelling resulting from the surgery. We suggest that you apply 30 minutes on and 30 minutes off.

If possible, [elevate the head](#) with an extra pillow during the first 2 nights after surgery to reduce swelling.

Managing Bleeding We've placed a gauze pack on the surgical site(s) to limit bleeding while clotting takes place. The gauze packs should be left in place for 30 to 40 minutes after you leave the practice.

Bite down softly on the gauze, making sure they remain in place. Continue to [change the gauze packs every 30-40 minutes if there is continual bleeding](#).

To replace gauze, fold a clean piece into a pad thick enough to bite on. Dampen the pad and place it directly on the surgical site.

Bleeding should never be severe. If bleeding remains uncontrolled, please call us.

Managing Pain The length of time you experience numbness varies, depending on the type of anaesthetic you've received. While your mouth is numb you'll want to be careful not to bite on your cheek, lip or tongue. The numbness should subside within a few hours.

[Tablets for pain relief should be taken as necessary](#) and according to instructions. If pain persists, please call us.

Managing Infection The [mouth should be thoroughly rinsed](#) with warm saline solution or mouthwash containing chlorhexidine after each meal to reduce the chance of infection. Place the solution in your mouth and gently rotate your head from side to side. Please do not swish aggressively.

It is essential that you [complete the course of antibiotics](#) prescribed.

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Healing After an implant placement, a blood clot forms in the surgical area. This is an important part of the normal healing process. You should therefore [avoid activities that might disturb the surgical area](#).

Do not rinse your mouth vigorously or probe the area with any objects or your fingers.

[Do not smoke or drink through a straw for 72 hours](#) following your surgery. These activities create suction in the mouth, which could dislodge the clot and delay healing.

If you do not care for the taste in your mouth, drink some fluids or use a wet washcloth and wipe your tongue, but please stay away from the surgical area.

Avoid strenuous activity for the first 24 hours after your procedure. This will reduce bleeding and help the blood clot to form.

Dentures Dentures will be refitted as soon as possible after the implant placement. However, inserting the dentures too early may jeopardise a successful healing process.

Dry, Cracked Lips We recommend [applying Vaseline or lanolin to the lips](#) for the first two days to prevent lips from drying or cracking.

Oral Hygiene [Begin your normal oral hygiene routine](#) as soon as possible on day 2 or 3 after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.

Contact Us If you are concerned over any matter regarding the surgery or recovery, please call us on **9810 1666**.