

Instructions following Dental Implant Surgery

- Rinsing: Do not rinse for 24 hours post-surgery. Following this 24-hour period, you must rinse with the chlorhexidine mouth rinse provided in your post-surgery kit. Rinse twice daily for 1 minute with 10ml of undiluted rinse until suture removal or otherwise directed.
- No smoking, alcohol or strenuous exercise for 24 hours.
- Pain, swelling and even bruising is normal in the days following surgery. These symptoms may get worse for several days following surgery as the inflammation (reaction to surgery) increases. This is a normal response.
- Bleeding: a small amount of bleeding can occur following surgery. This can be stopped by placing gentle pressure on the area concerned by biting on a rolled-up piece of gauze square supplied in your post-surgical kit (this should be bitten on steadily for 15 minutes).
- Should any extensive bleeding occur, please contact the clinic immediately at; **01227 462857**
- Removable dentures: these have been relined with a soft liner to reduce pressure over the implants. Dentures may not be worn immediately following surgery. It is important to wear the dentures as little as possible during the two weeks following surgery and should only be used to provide an aesthetic solution i.e; the dentures are for “show and NOT for chewing”.
- Eating: at least for the first two weeks following surgery, a soft diet should be maintained e.g; yoghurt, custard, soup etc... Following this period and for the next month, easily chewed foods such as chicken, bread (no crust), fish etc. may be chewed. Avoid foods requiring heavy forces to chew.
- Sutures have been placed and need to be removed approximately 10 days to 2 weeks following surgery, in certain instances, resorbable sutures will have been used and these will come out on their own after approximately 7-21 days. You will be informed as to which type of sutures has been placed and an appointment for removal, if required, will be scheduled.
- Medication:
 - a. antibiotics have been prescribed and should be taken as directed until the entire course is finished.
 - b. Painkillers/anti-inflammatories have been prescribed and should be taken as directed for at least 48 hours. Following this, should be taken only if you are still experiencing pain. Should you notice any symptoms that might be related to the medication such as a skin rash, stomach problems or any other symptom, immediately contact the clinic.
- Finally, should you have any other problem or query, please contact the practice at; **01227 462857** so that we can advise on the best course of action, should any be required. Please remember that it is always easier to correct any possible complication at an earlier stage than to wait!