



IMPLANT  
TEAM  
ACADEMY

Your Dentist/Surgeon:

ITA FORM 3.2

## Instructions Following Implant Surgery & Grafting

Name:

The surgical site must be kept clean using a chlorhexidine-based mouthrinse such as Savacol (Colgate). Brush and floss your teeth as you normally do, **avoiding** the gum tissues surrounding the implant and grafting site until they are well healed (usually about four weeks). You may then resume normal brushing that includes gentle brushing of the gums. Use the mouthrinse three times per day, after meals and brushing. If any problems arise please contact the clinic at any time at the surgery. Should an after hours emergency occur, please attend the emergency department of your local hospital.

### **GAUZE and PACKS**

If you have been sent home with gauze packs in your mouth, it is advised that these remain in place for at least 1 hour following surgery. Use light biting pressure to control bleeding. If bleeding continues for longer, you can replace the packs with a small damp gauze (or a rolled handkerchief) for a further hour.

### **SWELLING**

Swelling after surgery is normal. The swelling will reach its peak at 48 to 72 hours after surgery and usually lasts 3 to 5 days. Ice packs may be applied to your face to help reduce pain and swelling in the first 24 hours. It is important that this be done during the first day after surgery. After 24 hours heat packs should be applied. We recommend an elevated headrest (extra pillow) be used for the first two nights after surgery. You may also find that you have limited mobility in your mouth; this is normal and will pass as the swelling subsides. If the doctor has prescribed anti-inflammatory medication, it is very important that you take the prescription as per the instructions. You may experience some bruising as the swelling starts to subside. This is a normal response. It should disappear in 7-14 days.

### **BLEEDING**

Blood may ooze from the area where the surgery was performed. Blood-tinged saliva is not unusual and may persist for several hours. Avoid spitting, rinsing your mouth or sucking through a straw, since these promote bleeding during the first day. If the bleeding persists and/or is becoming heavier please call the clinic.

## **DISCOMFORT**

It is normal to experience discomfort after surgery. It can usually be avoided or controlled by taking any prescribed pain medication in advance of the onset of pain. Take your pain medication with a glass of water and a small amount of food. Pain should decrease after 2-3 days with a resultant decrease in the need for painkillers. Do not drive or operate machinery when taking prescribed pain medication. Alcohol is not allowed.

## **NAUSEA**

Nausea and/or vomiting following oral surgery are not uncommon and may relate to medication or swallowed blood. It is important to drink plenty of clear fluids for the first 12 hours. If nausea is a problem, use a bicarbonate elixir, eg. DEXSAL. If vomiting persists please contact the surgery.

## **FEVER**

A slight fever, increase in temperature or chills may occur. It is of no consequence unless it persists for more than 24 hours. A persistent low-grade temperature should be reported to your doctor.

## **INFECTION**

Infection is uncommon. If an infection does occur, it will appear as a late increase in swelling and/or discomfort (5-10 days post operatively), or with the onset of a discharge. In most cases your doctor will already have prescribed antibiotics. Take these antibiotics in accordance with the instructions on the prescription. You must finish the entire course even if there are no problems. This will prevent further infection and aid healing.

## **STITCHES**

Do not pull or disturb the stitches. They will be removed by your doctor in 7-10 days.

## **DIET**

For the first couple of days after surgery, it will be most comfortable for you if your diet is restricted to fluids and soft foods. Cold, soft food such as yogurt and/or a protein supplements (ie. Sustagen) may be useful as eating solids can be difficult initially. The soft diet helps in avoiding particles contaminating the site. Hard or hot food should be avoided. If possible avoid eating on the treated side. **CARE MUST BE TAKEN NOT TO BITE OR CHEW THE LIPS, CHEEK OR TONGUE WHILE THEY ARE NUMB.** A gradual return to a normal diet is recommended.

## **HYGIENE**

If you had teeth extracted, **DON'T RINSE YOUR MOUTH OR BRUSH YOUR TEETH UNTIL THE NEXT DAY.** Rinsing at this early stage may cause bleeding. Rinsing with a mouth rinse, such as Savacol, is recommended 3-6 times a day and should be continued for 2 weeks. Gentle tooth brushing should commence the following day, taking precautions to avoid disturbing the surgical site.

## **REST**

Complete rest will ensure early, comfortable and complete healing. We recommend that you do not exercise and avoid any strenuous activities for the first 48 hours following your surgery as this can lead to an increase in the swelling. It is also advisable to minimize talking.

**ALCOHOL**

Alcohol must not be consumed in the 48 hours prior to and after the surgery.

**SMOKING**

Smoking compromises healing and therefore, adversely affects the success of your implants and surgery and it is imperative that you quit. It is strongly recommended that you refrain from smoking during the healing phase of the implant surgery (approx. 4 weeks). It has been shown that smokers have an increased failures and complications of dental implants than non-smokers.

**REVIEWS AND FOLLOW-UP APPOINTMENTS**

An appointment should be made for review and Oral Hygiene Instructions after one week. If this hasn't been done, please contact the surgery. Any temporary bridge or denture will serve for 6 to 9 months replacing the missing teeth during the healing period. **WHERE POSSIBLE, PLEASE KEEP THE DENTURE OUT OF THE MOUTH WHEN AT HOME OR WHILST SLEEPING.**