

Implant Surgery Post-Operative Care Instructions

Due to the nature of the surgery involved to place implants, it is important to understand the care that is needed after the procedure.

Swelling:

Swelling can occur at the site of the implant for the first few days after the surgery. An ice pack can be applied externally to the area to help speed up the process of decreasing the swelling. Ice packs can be substituted with frozen vegetable packs or other frozen packaging.

Pain:

You may experience pain with the implant and it's important to manage this accordingly. Pain can be alleviated using over the counter medication or prescribed painkillers if necessary. Avoid Aspirin and Ibuprofens as they can increase bleeding.

Infection:

The implant site may be at risk of becoming infected following the surgery. You may be prescribed a course of antibiotics to reduce the risk of infection and you must complete this course.

Oral Hygiene:

It is important you do not interfere with the implant with your tongue, floss or even a toothbrush for a minimum of 7 days after your surgery. Please floss and brush the rest of your teeth as normal. It is important to rinse twice daily with a mouth rinse containing Chlorhexidine (e.g: Savacol) **DO NOT USE** any Listerine or Cepacol products. Only use the Savacol rinse your Dentist has provided you with.

Diet:

Due to swelling, pain and the time needed for the implant to fully integrate, you will need to change your diet initially to include more soft foods. For the first few weeks after surgery, avoid eating anything hard or that requires excessive chewing such as meats, nuts and hard/chewy candy.

Activity:

Ensure that you take plenty of rest and avoid strenuous physical activity for the following 12 to 24 hours. Strenuous activity or exercise can promote bleeding.

If you are concerned about any aspect of your procedure or the healing process, please don't hesitate to contact our friendly team at Skye Dental.

