



GENERAL ADVICE FOLLOWING IMPLANT SURGERY

We want your recovery to be as smooth and comfortable as possible. It is vital to follow these instructions very carefully- if you have any concerns or questions regarding your progress, please do not hesitate to contact us. A 24 hour emergency number will be available out of surgery hours.

General Advice

- We suggest that men (as much as possible), closely shave on the day of the implant placement, as we use Iodine around the implant area which can stain the facial hair orange temporarily.
- We also request that any nail varnish be removed on the implant placement day and if appropriate that **one** of any false nails or acrylic/gel nails are removed on the day of the surgery.

Eating and Drinking

- On the day of the surgery, take care to only have cool/cold drinks and ideally avoid hot drinks for a few days. Please try not to “swill” liquid over the surgical area and try not to disturb the area with your tongue or fingers. For implants that have been immediately provided with temporary teeth it is imperative that no pressure at all is put on your temporary bridges or crowns through chewing and you will be given an advice sheet about foods you can eat for the weeks following surgery.

Post Operative Medication

- Following any surgery you should expect to experience some pain and discomfort and the degree will be related to the amount of surgery you have undergone. Larger procedures will obviously generate more symptoms than smaller ones.
- You will have been provided with medication to alleviate any discomfort immediately following your surgery and it is imperative that you follow the advice we give and take the medication as recommended.

Swelling / Bruising

- You should expect both some swelling and some bruising following your surgery which usually reaches a peak 2 to 3 days later – this is quite normal and both will subside naturally after a few days.
- Some minor bleeding (oozing), is also normal. If this persists simply apply pressure with a dampened gauze or clean handkerchief for 20 minutes whilst sitting upright. If any bleeding persists you should contact the implant centre.
- Swelling can be reduced with ice packs (or bags of frozen peas) wrapped in a towel. Hold against the cheek area for a maximum of 10 minutes at a time with 20 minutes break in between. After 24 hours, gentle heat is more beneficial. Propping yourself up slightly at night by sleeping on 2-3 pillows may also help.

- If, after the second post-operative day you experience pain and swelling that appears to be increasing, you MUST return to the implant centre as soon as possible so that we can ensure you are not beginning to develop an infection.

General Advice

- If you have a denture that covers the surgical area please wear it as little as possible for the first few weeks. This to avoid damage to the soft tissues and subsequently to protect the implants and/or bone graft. Do not “bite” into any food with this denture. Please leave the denture out as much as possible.
- Many stitches are dissolvable but often remain for around 2-3 weeks. If they are uncomfortable or annoying you may contact us to remove them after 1 week. You will be advised after surgery if your stitches are not dissolvable and an appointment will be made to have them removed.
- If you have had a bone graft you may notice some small white granules appearing in your mouth. This is perfectly normal.
- Try to keep food away from the surgical area as long as possible. Rinse your mouth gently following eating to keep the area as clean as possible.
- You are not advised to smoke until the wound has healed as this severely limits healing in the mouth.
- Do not undertake strenuous exercise for the first 48 hours (running/gym).
- Healing caps may unscrew, this sometimes happens as the swelling in the implant site subsides the healing cap then becomes loose and can easily be put back on and only takes around 10 minutes and this should cause you no harm. The healing cap/screw is not to be confused with the implant.

ORAL HYGIENE AND CLEANING

Successful implant surgery depends on keeping the mouth as clean as possible but it is also important to be very gentle with your mouth following surgery. We will provide you with a mouthwash.

Day of Implant and /or following day

Avoid the surgical site with the toothbrush, but you **MUST** brush your other teeth

Week 1 & 2 following surgery

Morning and Night

3 Times per Day

Rinse your whole mouth with Chlorhexidine mouthwash (Corsodyl). You should hold half a cap-full over the surgical site for 1 minute. This is very important. You must also brush your teeth.

Week 3 & 4 following surgery

Morning and Night

Daily

Brush your teeth and use a Waterpik or other irrigator on the lightest setting and use Tepees as normal – your implant surgeon will advise you on this.

4 + weeks following surgery

Morning and Night

Brush your teeth and implants normally with a toothbrush coated in toothpaste. Do NOT use a whitening toothpaste or any other toothpaste containing granules.

Daily

Use a Waterpik irrigator on the “middle” setting to clean beneath your bridge.

Weekly

Tepe brushes can be soaked in Corsodyl or other antiseptic mouthwashes.

DIETARY ADVICE – FOLLOWING IMMEDIATE IMPLANT LOADING

**Overloading your new implants with excessive chewing forces will lead to their failure
(people with whole mouth temporary teeth)**

The following is as guide to the kinds of foods and consistencies that you may consume during the first 2 months of having your provisional implant bridge fitted. Please be aware that this is only a loose guide to the types of food that you should consume during the healing period. (in terms of their consistency), and patients should be able to find a balanced diet from these and similar foods.

If possible, we recommend a predominantly liquid or soft diet for the first four weeks following surgery. Taking care of your new bridge at this vulnerable stage will allow your bone to integrate strongly to the implants and enable them to become a firm foundation for your final permanent implant bridge.

Weeks 1 to 6 – Liquids and soft foods only

- Soups
- Yoghurts
- Smoothies
- Porridge
- Cooked Fruits
- Build up/Vitamin drinks
- Fruit Juices
- Soft Breads (no crusts)
- Omelettes
- Eggs
- Soft Cheeses
- Soft fruits/bananas
- Tomatoes
- Breakfast cereals
- Soft pasta
- Rice/Risotto
- Tender cooked fish ie: salmon
- Mashed potatoes
- Well cooked vegetables

Foods that MUST BE AVOIDED for the first 6 weeks

- Anything at all hard, chewy or crunchy
- Crusty bread
- Chewy meat – beef/lamb/ pork/chicken etc
- Hard or raw vegetables
- Nuts and pluses
- Apples and other hard fruits
- Crisps/Crackers
- Sandwiches
- Biscuits
- Sweets

