

POST-OPERATIVE INSTRUCTIONS AFTER IMPLANTS

The following instructions are provided to make your post-operative recovery as short and pleasant as possible.

- After your treatment some swelling is normal in the affected area (A certain amount of swelling, pain and bleeding is normal).
- Apply ice to the treated area. If the surgical area is in the upper jaw you may experience swelling and discomfort around the nose, cheeks and eyes. Bruising and discoloration can also occur.
- Avoid hot drinks and hot, chewy or hard food for 24 hours. Although nourishment is important to the healing process so try to eat soft food such as eggs, pasta, yogurts etc.
- After surgery you will be given a prescription for both antibiotics and a strong pain killer, please take as advised.
- Do not brush your teeth next to the surgical area for 32 hours.
- After the first 24 hours it is essential to keep your mouth clean to reduce risk of infection. Rinse your mouth with warm, salt water. Repeat as often as possible, at least 4 – 5 times a day and always after eating for the following 5 days. This can be combined with an antibiotic rinse (Chlorhexadine, Periogard, Peridex) for certain procedures. This rinse should be used each morning and evening after your daily oral care routine.
- Avoid excess activity and exercise for two weeks.
- **DO NOT SMOKE.** Smoking can cause this procedure to fail.
- Do not touch the affected area with your tongue or fingers, or stretch your lip to inspect the area, this can cause the wound to breakdown.