

The Parkstone Dental Practice

Post operative care for implant patients

For the first 7 – 10 days after surgery, avoid physical exertion (i.e. sports, heavy lifting)

For the next 24 hours avoid hot drinks such as tea or coffee.

Salt water – the day after surgery (no less than 24 hours) commence salt water rinses $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon salt in a cup of warm water and rinse after every meal, this will help to keep the wound clean and reduce soreness. Also rinse gently with Corsodyl mouthwash three times a day.

It is very important that your oral hygiene and home care is maintained to the highest of standards and that all hygiene appointments are attended.

Avoid alcohol for the first week or longer as this affects the healing of the tissues. Avoid smoking for 2 weeks, as this will slow the healing process.

Leave the denture out as much as possible after surgery to help healing of the soft tissues. Do not attempt to force dentures in to the mouth and should they become painful stop wearing them and contact your dentist.

A surgical dressing may have been placed around the incision after surgery. Avoid brushing the area; instead use a cotton bud with Corsodyl, clean gently.

Please maintain a soft diet for 10 days during the healing phase. Do not use a water-pick explore the area with your tongue, or eat hard crusty foods.

Discomfort; only minor discomfort should be experienced.

CONTACT THE SURGERY IF: numbness persists for more than 24 hours after surgery, stitches become loose or fall out within the first five days, excessive pain or bleeding.



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