

POST-OPERATIVE INSTRUCTION FOLLOWING IMPLANT SURGERY/RIDGE AUGMENTATION - *What to expect:*

First 24 hours:

- Expect some bleeding/oozing – bite down on gauze supplied.
- Expect some swelling to arise – This will gradually subside over the next 3 days.
- Ideally, start antibiotics before surgery, otherwise start immediately after surgery and complete the course.
- Avoid brushing the surgical site but brush/floss the other teeth and the gums.
- Avoid mouthwash or excessive spitting as this may disturb the clot and lead to problems.
- Expect some pain which should be eased with pain-relief medication.

Recommended dose is:

Paracetamol 500mg AND Ibuprofen 200mg – as per instructions on packet.
(Both these tablets can be taken at the same time if pain relief is required, but stagger them i.e. take paracetamol dose then 3 hours later start the Ibuprofen dose).

After 24 hours:

- Use mouthwash, preferably “Savacol” 10ml, three times/day for the next 2 weeks.
- Avoid brushing the surgical site but again brush/floss the rest of the teeth and gums.

After 1 week:

Review appointment which will include removal of stitches.

After 2 weeks:

- Dilute the mouthwash with water 50/50 and continue for the next 4 weeks.
- Gently start brushing around the implant/surgical area.

After 4-6 weeks:

- Brushing/flossing should be back to normal around implant/surgical site.

Please contact the Dentist if:

- the swelling is excessive and/or is not subsiding after a few days.
- pain is not being relieved by pain-relief medication.
- the stitches come out or excessive bleeding.
- the metal healing cap comes out or loose.
- you are unsure about anything.

Review Schedule: You will be reviewed at: 1 week, 6 weeks & 3 months.

- At 3 months normally work can be started to restore on the implant.
- Bone graft/ridge augmentation (this can take up to 9 months).