



## Post-operative instructions for after implant(s) placement

You have just received an implant that requires proper care and maintenance. This leaflet contains important information that should be followed after dental implants have been surgically placed. Please note that you have had surgery, and everyone heals differently; we do recommend that you rest accordingly.

### Depending on the stability of the implant when placed –

- If firm, a healing collar will be placed. This will protrude slightly above the gum and will help shape the gum during the healing process. Please be careful not to put any pressure on the healing collar.  
Please note; the healing collars are only “finger tight” as they need to be removed at the next stage. Occasionally, this does mean the healing collars can work their way loose. If anything does come away, please do not worry as it is more than likely to be the healing collar and not the implant itself. If this does happen, please contact the practice and Dr Neil can easily re-attach the healing collar for you.
- If not firm, a cover screw will be placed. The gum will be completely covered over the top of the cover screw for the 3-month healing process. An extra appointment will then be required to replace the cover screw with a healing collar.

Either way, sutures will have been placed. These will normally dissolve after 7-10 days.

Expect some tenderness post-operatively. You should begin taking pain medication as soon as you feel the local anaesthetic wearing off. Ibuprofen is recommended as it is an anti-inflammatory.

### Pain relief –

- If you can take Ibuprofen, we will provide you with 12 tablets of 400mg Ibuprofen. One tablet can be taken every 8 hours (exceeding no more than 3 tablets in a 24-hour period).
- If you are still experiencing pain, Paracetamol can also be taken in conjunction with Ibuprofen.
- We will also provide you with 16x 500mg tablets of Paracetamol. You can take up to 2 tablets of 500mg Paracetamol every 6 hours (exceeding no more than 8 tablets in a 24 period).
- If you are unable to take Ibuprofen, we will only provide you with Paracetamol.

Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it. If this is the case, please inform Dr Neil. Pain relief may be required for the next 3-5 days after the implant placement.

### Antibiotics –

- Antibiotics are prescribed to help reduce the risk of infection. Please complete the course of antibiotics which are enclosed in your Implant Patient Care Pack.
- Swelling and bruising is a normal occurrence after surgery. You can reduce possible swelling/bruising by applying an ice pack to your face on the surgical area. Intermittent application is most effective (i.e. 20 minutes on and 20 minutes off).
- If you have a temporary Essix retainer or a denture that covers the surgical area, please wear it as little as possible during the healing period. You should always leave the Essix retainer or denture out at night.
- If you had bone grafting, it is normal to find excess white partials in the mouth, which you can remove.



- Some minor bleeding after surgery in the mouth is normal. If this persists, apply pressure by biting firmly down over the area on a dampened gauze swab or clean handkerchief for 60 minutes while sitting upright. Do not keep checking or changing the gauze. You should contact us if bleeding persists for any reason after applying pressure in this way.

### **Cleaning -**

- Successful oral surgery depends on keeping the mouth as clean as possible.
- Please start to use the Curasept mouthwash you have been given the day after surgery and continue for 2 weeks.
- You should also continue cleaning your other teeth as normal with a toothbrush, starting on the evening of your surgery.
- Do not brush the surgical site for the first 2 weeks while the sutures are in place. During the first 2 weeks, the Curasept mouthwash should be used to keep the area clean. After 2 weeks, gentle brushing around the top of the implant is required using the soft brush provided. Once the tooth/teeth have been attached, a care plan to look after your implant will be put into place.
- Try to keep food away from the surgical area for as long as possible. Rinse with the Curasept mouthwash after eating to keep the area clean.
- Drink plenty of fluids. Avoid hot liquids or food until the numbness has worn off. Soft food and liquids should be consumed during the first 2 weeks of healing. Do not smoke during the healing process. Smoking can cause the implant procedure to fail.

**If you have any concerns regarding your implant, please contact us on 01453 764287 or email [sarah@confidentdental.com](mailto:sarah@confidentdental.com).**