



Post-Operative Instructions for after Implants Placed and Prototype Bridge Fitted

You have just received your prototype implant bridge 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.

You should expect some tenderness post-operatively, you are going to get some swelling and bruising and you should have a relaxing week planned. You should begin taking pain medication as soon as you feel the local anaesthetic wearing off. Ibuprofen is recommended as it's an anti-inflammatory.

Medication -

After a surgical procedure you will be prescribed medication and pain relief

Antibiotics -

Antibiotics are prescribed to help reduce the risk of infection.

Steroids -

A small dose of steroids are prescribed to help reduce the swelling.

- Dexamethasone 2mg tablets to be taken all together at the same time over 4 days as follows -
Day 1 = 8mg (on day of surgery)
Day 2 = 6mg
Day 3 = 4mg
Day 4 = 2mg

Pain relief -

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's an anti-inflammatory.

- If you can take Ibuprofen, we provide you with 400mg tablets, 1 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.
- If you are unable to take Ibuprofen, we will just provide you with Paracetamol.
- We provide 500mg tablets of Paracetamol, you can take up to 2x 500mg tablets of Paracetamol every 6 hours (exceeding no more than 8 tablets in a 24 period).

Do not take any of the above medication if you are allergic or been instructed by your doctor not to take it. If this is the case, please inform Dr Neil.

Post-operative complications and side effects -

- The implants may not be stable enough to load the implant bridge straight away. If this is the case, a full temporary denture will be fitted during the 3month healing stage.

Swelling -

- This varies from patient to patient and cannot be predicted with any certainty. The purpose of the dexamethasone (steroid) mentioned above is to reduce any swelling that may occur.



Bruising -

- This too varies from patient to patient and cannot be predicted with any certainty however; the older we are the more we tend to bruise. Some patients have a tendency to bruise of which they are aware from their day to day experiences with bumps and knocks. These patients may experience considerable bruising.

Pain -

- The area will be tender and, in most instances, can be controlled with the pain killers advised.

Infection -

- This will be prevented to a large extent by the provision of antibiotics before and after the procedure. Additionally, you will use an antibacterial mouthwash for two weeks following the procedure.

Bleeding -

- Bleeding from the area can start after leaving the surgery. It is better to leave the area alone as much as possible. If you are worried the area is bleeding too much, you can apply pressure to the area with a damp cloth or gauze.

Cleaning -

- Successful oral surgery depends on keeping the mouth as clean as possible.
- Please start to use the Curasept mouthwash you have been given on the morning after your surgery and continue for 2 weeks.
- You should also start cleaning your other lower teeth as normal with a toothbrush, starting on the evening of your surgery.
- Do not brush the surgical site for the first 2 weeks whilst the sutures are in place. During the first 2 weeks, the Curasept mouthwash should be used to keep the area clean.
- Try to keep food away from the surgical area for as long as possible. Rinse with the Curasept following 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.
- After 2 weeks, gentle brushing around the top of the teeth and underneath the bridge is required.
- We advise you to see our hygienist after 2 weeks, where a care plan to look after your implant bridge will be put in place.
- Do not smoke during the healing process, smoking can cause the implant procedure to fail.

The above list of side effects and complications are not meant to be intimidating. In Dr Neil's experience the vast majority of procedures do not result in significant operative or postoperative problems. However, as we are dealing with a biological system, the human body, not under our direct control we can never guarantee success in 100% of procedures. If you have any worries or questions, please contact the practice.

If you have any concerns regarding your implants or your implant bridge, please contact us.