

## Instructions to patients at implant placement (Stage 1)

- Discomfort*** We normally find that patients experience only minor discomfort following their implant placement.
- Pain*** Taking medication regularly as prescribed controls any pain more effectively than leaving it until it is noticeable.
- Bleeding*** The following instructions will help you to minimise postoperative bleeding:
- Avoid touching the area operated upon with your tongue or finger.
  - Avoid rinsing and spitting for the first 48 hours.
  - Avoid exercise for the first 48 hours.
  - Avoid hot food and drinks for 48 hours.
- Minor oozing may discolour the saliva for some hours after leaving the surgery. However, if bleeding continues and clots are evident, please try to identify the source and apply gentle pressure to the area with a gauze pad soaked in salty water for 15 minutes. Sit upright (lying down increases bleeding) and place an ice pack on the corresponding cheek/lip from the outside of the mouth. This may be repeated 3-4 times. If bleeding continues after this, contact the dental surgery.
- Sleeping*** Sleep with an extra pillow to lift your head for the first 2-3 nights to reduce the amount of swelling that may occur.
- Ice packs*** Ice packs from chemists (or ice/frozen peas wrapped in a tea towel) can be held over the area operated upon (from outside the mouth) for 20-30 minute intervals totalling not more than one hour per day. Be careful while you are still numb not to give your skin a cold burn; to avoid this use the ice for only a few minutes at a time while numb. You can do this for the first two days after the operation. This should reduce the amount of swelling, bruising and also pain.
- Smoking*** Do not smoke for two weeks before and after the operation as this can seriously affect the healing of the soft tissues and make an infection more likely. It will also affect the success of the implants.
- Drinking***
- Avoid alcohol for the first 24 hours.

- Avoid hot drinks and soup for the first 48 hours.

***Salt water***

The day after surgery (not less than 24 hours after the operation), you should commence warm salt water rinses (1/2 teaspoon of salt in a cup of warm water) 3 times a day.

Each rinse should be held against the affected area so that the warm salty water cools over it and is held there until the heat is gone. This should be repeated until the cup is finished and should last about 10 minutes each time.

***Dentures***

Leave your dentures out if instructed to do so, until they can be relined.

***Meals/Diet***

Avoid hot food for the first 2 postoperative days. For the first week have a soft diet. You can have any food so long as it is soft (e.g. eggs, fish, pasta, rice etc. or mashed/ blended food). After each meal, gently rinse your mouth with warm water.

***Brushing***

You must not brush the area where the implants have been placed for at least a week. Instead use an antiseptic mouthwash with chlorhexidine (or peroxide if allergic to chlorhexidine).

***Tongue***

Try not to explore the area with your tongue as this may loosen the stitches and the clots resulting in bleeding and possible infection.

***Vitamins***

Continue the vitamin supplements (if prescribed) and ensure you have a balanced diet.

***Contact the surgery:***

- If the numbness persists for more than six hours after the operation.
- If there is excessive pain.
- If there is excessive bleeding.

***Out of hours Dr Barot can be contacted on: 07866728791***