

## Post-op instruction for implant

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**PAIN** You will experience moderate pain from surgical site for 1-2 days after surgery. We advise that you take painkillers before the anaesthetic wears off (approximately two hours after treatment) so it will be less painful. We recommend you take Panadol, Panadeine or Nurofen every 4-6 hour or as directed. Remember, narcotic-based pain relievers can cause drowsiness and decrease coordination. You should refrain from using alcohol or other sedative-type drugs while using them.

**BLEEDING** A small amount of bleeding is normal, particularly when the anaesthetic wears off. Apply direct pressure to the surgical site with the sterile gauze or a clean handkerchief for 15-30 minutes if required. For dental implant patients, please DO NOT put too much pressure on the surgical site as it might affect the stability of the implant.

**SWELLING** You may experience some bruising and swelling around the mouth, cheeks, corner of mouth, eyes and sides of the face. It can be minimized by immediately applying a cold pack firmly to face or cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 12 to 24 hours after surgery. Swelling and bruising may increase over the first two days and then gradually resolve.

**CLEANING** It is important to keep your mouth very clean for healing and to prevent infection. A Chlorhexidine mouth rinse should be used everyday e.g. Colgate Savacol (a small amount for one minute, twice per day gently rinsed around the surgical site) for at least one week starting from the day of your surgery. Avoid brushing or disturbing the surgical site for first few days. However, you can gently brush the rest of your teeth at night.

**AVOID** While you are numb be careful not to bite your lips and tongue. Avoid strenuous activity, smoking and alcohol intake for the first 24 hours after surgery. Avoid eating hard or sticky food as it may get stuck in the sockets. Only have soft food and cool drinks. DO NOT rinse vigorously and avoid disturbing the surgical area, especially do not press on the surgical site with fingers or any objects where implants or bone grafting material has been placed.

**SINUS LIFT OR AUGMENTATION** Try not to blow your nose very hard for next few weeks. Since your graft was in the upper jaw you can expect swelling and discomfort up into the nose and even under the eyes and cheeks. Bruising and discolouration is not unusual. Crushed ice or equivalent should be placed in a plastic bag then in a washcloth and placed on the face if requires. Apply for 30 minutes, then off for 20-30 minutes. This should be done on a near continuous basis (or as much as possible) for the first 48 hours and longer if possible or if this helps reduce your pain. Avoid excess activity. In addition, DO NOT SMOKE. SMOKING CAN CAUSE THIS

**PROCEDURE TO FAIL** Do not drink with a straw or drink carbonated liquids (minimum 3 days). Do not consume alcoholic beverages while taking your pain medication. If you have a temporary denture to wear do not place it until the numbness in the area is gone. You very likely may need to wait until the stitches are removed until your denture can be worn. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins.

**ANTIBIOTICS** Take the antibiotics as directed to prevent infection. Discontinue antibiotic use in the event of a rash or other unfavourable reaction.

**CONTACT** If you have any concerns or urgent conditions please contact the clinic on 9813-1866 or your local emergency service – The Royal Dental Hospital of Melbourne/medical facility.