

INSTRUCTIONS FOR SELF-CARE AFTER IMPLANT SURGERY

Rest

Generally it is advised to relax and rest for the day, avoid any significant physical activity to assist with the healing process. Returning to work is advised 2 to 3 days following surgery.

Swelling

Some swelling and discomfort is to be expected. Careful attention to post-operative instructions will help to minimize this. An ice pack over the area of the surgery is recommended and this should be continued the next day. Or alternatively you can use a small packet of frozen vegetables.

Pain Relief

Once the local anaesthetic has worn off, you can take 1-2 Panadol or Panadeine every 6 hours. If we have supplied you with a prescription or medication these should be taken as prescribed on the packet.

Bleeding

Generally, there is very little bleeding. Please maintain pressure on the damp gauze which has been placed in your mouth for at least an hour and replace as necessary. You can start with warm salty rinses to keep the area clean, only 24 hours later. It is best not to rinse for the first 24 hours after surgery.

Soft Food

To protect the implant which has been placed in your bone, the gum has been sutured. It is important to allow the gum to heal properly during the first two weeks after your surgery. The best way in this healing process is to avoid chewing any food which would disturb the gum's health. Only consume soft foods during this time and nothing spicy.

Sutures

Generally 7-10 days following your implant surgery, we will need to see you to have the sutures removed as they are not dissolvable.

Smoking

Smoking disrupts the healing process, Avoid smoking for at least the first two months after the implants have been placed. By quitting smoking you can further increase the long term prognosis.

QUESTIONS : Should you have any questions or problems, please call the surgery during business hours on (08) 8379 3529 or after business hours on (08) 8378 7939.