



Instructions to patients at implant placement (stage 1)

Discomfort

Normally we find that implant placement is followed by **only minor discomfort**. Any discomfort can be minimised by following instructions.

Pain

if you experience pain when the anesthetic has worn off **follow the regime of pain control** that you have been given.

Bleeding or oozing

Minor oozing may discolour your saliva for some hours after leaving the surgery.

However, if bleeding continues and clots are evident, identify the source and apply gentle pressure to the area with a gauze pad soaked in warm salty water for 15 minutes. This may be repeated 3-4 times. if bleeding continues after this, contact the dental office.

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 can be held over the area operated upon for 20-30 minute intervals, totaling not more than one to two hours during the first two days after the operation. This will normally reduce the amount of swelling.

Smoking

Do not smoke for two weeks before and after the operations as this can seriously affect the success of the implant placement.

Drinking

Avoid alcohol for two weeks after the operation as this can impair healing.

For the first 24 hours take no hot liquids, e.g. coffee, tea, soup.

For the first 24 hours minimize your exertion; rest, books and TV are best.



Salt Water

The day after surgery (not less than 24 hours), commence **warm salt rinses** (1/4 to 1/2 teaspoon of salt in a cup of warm water) 2 or 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. Then **repeat** until the cup is finished. This should last about **10 minutes** each time.

Dentures

Leave your denture out if instructed to do so, until it can be re-lined with soft lining material.

Meals

After each meal, **gently rinse** your mouth with warm water.

Brushing

Do not brush the area where the implants have been placed for at least a week.

Tongue

Try not to explore the area with your tongue as this may loosen the stitches.

Diet

In regard to diet, **any food may be eaten provided it is soft**. This applies to the first week. Boiled fish, scrambled eggs, past, rice etc. are suitable, though any meal may be mashed or passed through a blender to render it soft.

Vitamins

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

PROBLEMS

Contact the surgery on (07) 5455 4511 if:

- Numbness persists for more than six hours after the operation.
- The stitches become loose or fall out.
- There is excessive pain.
- There is excessive bleeding.
- The implants become visible.