



Care Instructions Following Implant Surgery

Please do not hesitate to call if you have any questions. We can be reached at 08 8981 9993 during regular business hours or by e-mail admin@darwinsmiles.com.au.

- Only have cold drinks and do not eat until the local anaesthetic has worn off. Avoid hot drinks or food for the first day. Try not to disturb the area with your tongue or fingers. Don't undertake strenuous exercise for the first 48 hours (running / gym).
- You may have some swelling and/or bruising following your surgery - this usually reaches a peak 2 to 3 days later. This is quite normal and both will subside naturally after a few days. Swelling can be reduced with ice packs wrapped in a towel. Hold on the cheek area for a maximum of 10 minutes at a time with a 20-minute break. After 24 hours gentle heat is more beneficial. Sleeping propped up slightly on 2-3 pillows may also help.
- Your mouth may be sore for a few days after any surgery which should be easily managed with simple pain killers. You should take these regularly at the maximum stated dose for the first 2 days after your surgery. Take whatever painkillers you normally take for headaches, aches and sprains (ibuprofen and paracetamol make a good combination), and take your first dose before the local anaesthetic has completely worn off.
- If after a few days you experience increasing pain and swelling, you must return to our surgery as soon as possible so that we can ensure you are not beginning to develop an infection.
- If you have a denture that covers the surgical area, please wear it as little as possible for the first week to protect the surgical site during its initial healing period, ideally not at all. You should always leave the denture out at night.
- Sometimes stitches that are dissolvable are used but often these remain for around 2-3 weeks, if they are uncomfortable or annoying, you may contact us sooner to remove them.

- Some minor bleeding after surgery is normal. If this persists, apply pressure by biting firmly down over the area on a dampened gauze swab for 60 minutes whilst sitting upright. Do not keep checking or changing the gauze. Contact us if bleeding persists for any reason after applying pressure in this way.
- If you have been given a course of antibiotics to take after your surgery, please ensure that you complete the course.

Cleaning

- Successful oral surgery depends on keeping the mouth as clean as possible.
- Please start to use your antibacterial mouthwash on the evening of your surgery and continue for 1 week. This is very important. You should gently bathe the surgical site by holding approximately 15ml over the site (the equivalent of half a cap-full) for at least 1 minute, 3 times a day, for 7 days.
- You should also start cleaning your **other** teeth as normal with a toothbrush, starting on the evening of your surgery. Avoid the surgical site for the first few days, but then begin to carefully clean this area as well when tenderness permits.
- Hot salty mouthwashes (a cup of hot water with a teaspoon of salt) are beneficial for healing in the first week. Ensure that the mouthwash is not so hot that it scalds and then hold the hot mouthwash over the surgical site until it cools. Repeat as often as possible.
- Try to keep food away from the surgical area for as long as possible. Rinse following eating to keep the area clean.
- You are advised not to smoke until the wound has healed as this severely limits healing in the mouth.

We want your recovery to be as smooth and pleasant as possible. It is vital to follow these instructions very carefully - if you have any concerns or questions regarding your progress, please do not hesitate to contact us on 08 8981 9993 during business or by e-mail admin@darwinsmiles.com.au.