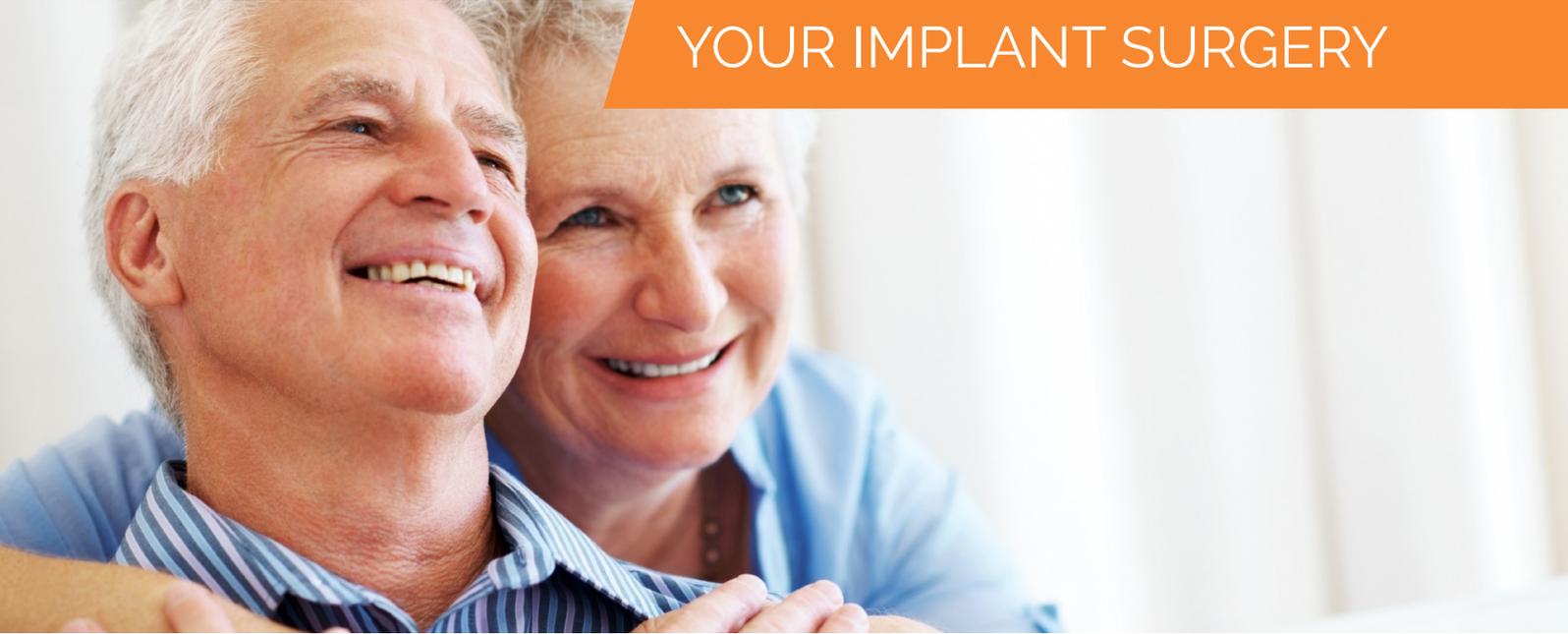


WHAT TO DO AFTER YOUR IMPLANT SURGERY



POST OPERATIVE CARE

Diet

After your surgery, you will want to eat nourishing food that can be eaten comfortably. Avoid extremely hot foods and liquid. We recommend that you only consume soft foods during the first 6 days to avoid food particles contaminating the wound.

Managing Swelling

We recommend covered ice packs or a cold compress applied for a period of half an hour to the face over the surgery site to minimise swelling resulting from the surgery. We suggest that you apply 30 minutes on and 30 minutes off. If possible, elevate the head with an extra pillow during the first 2 nights after surgery to reduce swelling.

Managing Bleeding

It is natural and normal to expect red-tinged saliva for a couple of days after the surgery. Bleeding should never be severe. If bleeding remains uncontrolled, please call us.

Managing Pain

The length of time you experience numbness varies, depending on the type of anaesthetic you've received. While your mouth is numb you'll want to be careful not to bite on your cheek, lip or tongue. The numbness should subside within a few hours. Tablets for pain relief should be taken as necessary and according to instructions. If pain persists, please call us.

WHAT TO DO AFTER YOUR IMPLANT SURGERY

Managing Infection

Try to avoid rinsing the mouth until the following day. After 24 hours it is important to rinse your mouth with Savacol mouthwash every evening before bed. During the day after each meal, the mouth should be rinsed with warm saline solution (1/2 teaspoon of salt in a glass of warm water). Place the solution in your mouth and gently rotate your head from side to side. Please do not swish aggressively. After two days you may commence brushing the teeth near the surgery site as well as the implant healing cap, ensuring you use a soft surgical brush. Brush all teeth as normal. Antibiotics are not routinely prescribed but if they have been prescribed please ensure to complete the entire course.

Healing

- After an implant placement, a blood clot forms in the surgical area. This is an important part of the normal healing process. You should therefore avoid activities that might disturb the surgical area.
- Do not rinse your mouth vigorously or probe the area with any objects or your fingers.
- Do not smoke or drink alcohol for 48 hours after surgery
- Avoid strenuous activity for the first 24 hours after your procedure. This will reduce bleeding/swelling and help the blood clot to form.

Dentures

Dentures will be refitted as soon as possible after the implant placement. However, inserting the dentures too early may jeopardise a successful healing process. Dr Kassim will advise the best course of action for your individual circumstance.

Dry, Cracked, Lips

We recommend applying Vaseline or lanolin to the lips for the first two days to prevent lips from drying or cracking.

Contact Us

If you are concerned over any matter regarding your surgery or recovery, please do not hesitate to contact the surgery on 07 3345 2788.

For genuine after hours emergencies please call Dr Kassim on 0421159725.