



CONCORDIA
dental healthcare

Care of Your Mouth After Dental Implant Treatment

- Take care to only have cold drinks and to not eat until the local anaesthetic has worn off. Avoid hot drinks or hot food for the first day and do not vigorously 'swill' liquid over the area. Try not to disturb the area with your tongue or fingers. Avoid undertake strenuous exercise for the first 48 hours (running / gym).
- Some swelling is normal and is usually worse in the mornings after lying flat all night. This will start to reduce after 48 hours. There may be some bruising on the skin which will also clear after a few days. Swelling can be reduced with ice packs (or a bag of frozen peas) wrapped in a towel. Hold on the cheek area for a maximum of 10 minutes at a time with 20 minutes break before applying again. After 24 hours gentle heat is more beneficial. Sleeping on 2-3 pillows may also help.
- Pain should not be a problem. Although you will be sore for a few days this can usually be easily managed with simple analgesics (pain killers) which you should take regularly for 2 days at the normal maximum stated dose. Take your first dose before the local anaesthetic has worn off. If pain seems to get worse after the first couple of days, rather than getting better, you should contact us.
- If you have a denture that covers the surgical area please wear it as little as possible for the first day to protect the underlying implants or graft. If the denture doesn't seem to fit properly after your surgery then you must come back to have it adjusted. A badly-fitting denture can damage a healing implant.
- Any stitches will be dissolvable but often remain for around 2-3 weeks. If they are uncomfortable or annoying you may contact us to remove them after at least 1 week.
- Some bleeding following surgery is completely normal. If this persists apply pressure with a dampened gauze or clean handkerchief for 30 minutes.
- If you have had a bone graft you may notice a few small granules appearing in your mouth (they will look like particles of sand). This is entirely normal and is not any cause for concern.
- If you have been given antibiotics to take after your surgery then please complete the course.
- If you experience increasing pain or swelling after 3-4 days you should contact us for a review.

Cleaning - Successful implant surgery depends on keeping the mouth as clean as possible

- Please start to use the chlorhexidine mouthwash that you will be given, on the evening of surgery and continue for 1 week. You should hold half a cap-full over the surgical site for 1 minute, twice times a day for 7 days. This will keep the healing site clean even if you are not able to clean it with a toothbrush.
- You should also start cleaning your other teeth with your toothbrush as normal on the evening of surgery. Avoid brushing the surgical site for the first few days, but then start to carefully clean this area as well when tenderness permits.
- Hot salt mouthwashes (a cup of hot water with a pinch of salt) are beneficial for healing in the first week but taste awful. Please feel free to bath the area with them if you wish.
- Try to keep food away from the surgical area for as long as possible. Rinse following eating to keep the area as clean as possible.
- 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 and 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.