

POST OPERATIVE CARE FOR THE IMPLANT PATIENT

1. Avoid lying down for 24 hours after operation. Sleep with several pillows.
2. Avoid exertion for the first few days after the surgery.
3. **Do not** drink alcohol for two weeks as alcohol can seriously damage the healing tissues.
4. **Do not** smoke for 2 weeks as smoking will slow healing.
5. Avoid hot drinks such as tea and coffee for the first 24 hours.
6. Warm salt-water rinses should be started 24 hours after surgery. Very lightly, without swishing, shake your head and allow the water to bathe the wound. Do this twice a day for two weeks using quarter to half a teaspoon of salt to a glass of boiled water.
7. Please take the antibiotic prescribed, as directed and until finished. If you seem to be having a reaction to the medication, please call the surgery.
8. Bleeding: Blood stained saliva is to be expected following surgery for approximately 24-48 hours. If excessive bleeding takes place however (eg: large clots of blood) then pressure should be applied to the area. Roll up a piece of gauze; apply steady pressure for 20-30 minutes. Sit- do not lie down – stay calm as anxiety raises the blood pressure. Remove the gauze and repeat if necessary. If bleeding continues contact the practice.
9. It is important that you maintain a high protein diet throughout the post operative phase. Foods that are a good source of protein are: eggs, soup, cottage cheese, ground lean beef and milk products. A blender may be used to chop up foods. Food supplements such as Complan are available at your local pharmacy. A fairly soft diet should be maintained for several months following surgery while the implant heals. The implant should remain covered, if it does become exposed please contact the surgery. Avoid traumatising the implant. Do not use a water pik, play with the area with your tongue or eat hard crusty food.
10. A vitamin supplement should be taken to help in the healing phase. Take a good multiple vitamin and at least 1000mg of vitamin C once per day.
11. Numbness of the chin can occur if you have lower implant. In most cases this disappears in time, but occasionally this could be permanent. Please contact the surgery if this occurs.
12. If the upper posterior implants are places, do not blow your nose for 2 weeks after surgery. This will help prevent infection. Any nosebleeds that occur should be reported to the surgery.
13. As with any surgery, the possibility of infection exists. Please feel free to call the surgery if anything concerns you during the healing phase. You need to make an appointment one to two weeks after surgery for the sutures (stitches) to be removed and post-operative observations.
14. If you have any concerns please call Callum on 07795225164