



Advice Following Stage I Implant Surgery - Implant Placement

It is essential for trouble-free healing, that the following directions are observed for the first two weeks after the surgery:

1. Only soft foods should be consumed during the first week so that food particles do not contaminate the wound. Smoking and the consumption of alcohol should also be avoided.
2. If possible, elevate the head with an extra pillow for the first two nights after the operation to reduce swelling.
3. Bleeding from the surgery site can usually be controlled by biting on a roll of damp gauze for 20 minutes. If this does not stop the bleeding contact the practice on 9262 9318. After hours, contact your nearest hospital with an Accident and Emergency Department or the hospital from which you were discharged.
4. After each meal the mouth should be thoroughly rinsed with warm salty water (1/2 teaspoon of salt in a glass of warm water).
5. A mouthwash containing Chlorhexidine, available from your local pharmacy, can be used alternately with the saline solution.
6. Normally dentures can be refitted immediately after implant placement but swelling may make wearing them uncomfortable. It is best to keep them out as much as possible and not use them for eating until the swelling resolves.
7. It is essential to take all the prescribed antibiotics as directed (usually 1 capsule 3 or 4 times a day for 5 days)
8. Tablets for pain relief should be taken as necessary and according to instructions.
9. Apply Vaseline or Lanolin to the lips for the first 2 or 3 days to keep them from drying and cracking.
10. Covered ice packs applied for periods of 30 minutes to the skin over the surgery site can help to reduce the swelling and pain post-operatively. However, the packs must be removed regularly to prevent skin damage. Initially sucking ice cubes or sipping iced water are the best oral fluids.
11. If you are worried over any matter concerning the surgery or your recovery contact the practice for advice on 9262 9318.