

# Post Operative Instructions Dental Implant Placement



## Day of Surgery

- Rest – it is important to have adequate rest immediately after the procedure and in the days following to help your body's natural healing processes.
- Take pain medication if required. Plain Ibuprofen can be taken immediately after surgery or Paracetamol if you are not able to take Ibuprofen. Icepacks can be used for external swelling.
- Food consumed the day of surgery should be soft, easy to eat and of a moderate temperature. Do not vigorously rinse or suck liquids through a straw. ***You must place a minimal amount of force on the implants as possible.***
- After eating, gently clean teeth with Savacol antiseptic mouth rinse by pouring it directly on a soft bristle toothbrush and feathering around the implant site. Savacol can be purchased from your local pharmacy. If Savacol brand is unavailable, please consult your pharmacist and purchase a product containing Chlorhexidine Gluconate 2mg/ml.
- It is important you apply Chlorfluorgel to the implant site twice a day. Clean your hands first and dispense a small amount to your finger. Gently apply directly to the site and leave without rinsing.

## First Week After Surgery

- Continue to eat soft foods and if you have had only one implant placed, try to eat on the opposite side of the mouth. It is very important not to place any force on the implants during chewing to allow them to osseointegrate to your jaw bone.
- Gently brush your teeth and the implant sites to keep the area free of plaque. Brushing the stitches or healing abutment carefully with Savacol will help to remove plaque and speed up your healing. Always apply Chlorfluorgel to the implants after brushing.

## First Three Months After Surgery

- Continue to eat soft foods for the first three months, ***especially between weeks 4 and 8.*** This is the most important time of the osseointegration phase.
- Meticulous cleaning of the implant site is important with a soft bristle tooth brush.
- Patients wearing implant bridges must also clean using interdental tooth brushes and superfloss as shown by Dr Orb at your post operative appointment.

## Remember

It is normal to experience pain and swelling after your operation. This may limit your mouth opening, which will ease as the swelling subsides. It is normal to feel numb for several hours after your procedure from a long acting local anaesthetic designed to help manage pain in the post-operative period.

Should you have any concerns or questions after your procedure, please do not hesitate to contact the surgery on 9316 0555. If you are experiencing any difficulties or an emergency after hours, please contact Dr Orb directly on 0414 670 614.