



IMPLANT SURGERY

You have just undergone implant surgery. The implant was inserted into the jaw bone under local anaesthetic. The surgical incision was then closed with fine stitches, which will be removed after 7-14 days. The implant has been fitted with a protective healing cap, which may or may not be visible in your mouth.

You may have a temporary denture to wear during the healing period and this should be worn as little as possible for the first two weeks after the operation, and certainly not at night time.

The questions and answers below will help to remind you of the information given by the surgeon today.

Q I have just had an implant placed – what should I do now?

A Take it easy for the rest of the day and rest as much as you can. Do not exert yourself, exercise or raise your blood pressure as this can lead to increased swelling. For the next 3 or 4 days keep your head raised up during the day and at night sleep with an extra pillow or two to make your head higher than the rest of your body as this will help reduce the swelling.

Q What precautions should I take?

A Avoid hot food or drinks until the anaesthetic wears off. This is important as you cannot feel properly and may burn your mouth. Also be careful not to chew your cheek, tongue or lip.

Q Should I rinse my mouth out?

A You should begin rinsing your mouth at the surgical site soon after the operation, three times a day (e.g. after breakfast, lunch and dinner) using the prescribed mouthwash given to you, for two minutes each time. Sometimes patients can become sensitive to the strong mouthwash and you should stop using it if you develop blistering inside your mouth, a skin rash or swelling of the face. Please notify the clinic if this occurs.

Q Is there anything else I should avoid?

A Avoid alcohol for at least 24 hours, as this can delay healing.
Avoid chewing on the operated area of your mouth for the first two weeks.
It is strongly recommended that you do not smoke.

Q When can I brush my teeth?

A It is very important that you continue to brush around all remaining teeth to maintain good levels of oral hygiene.
Do not use a toothbrush around the surgical area for the first 2 weeks.

After your initial post-operative review you can begin to brush around this area gently using a softer brush (i.e. baby's toothbrush), returning to normal tooth brushing over the next two weeks as directed.

Q What do I do if the area bleeds?

A There will probably be some slight bleeding for the first day or so. Many people are concerned about this, but when mixed with saliva it can often look worse than it really is.

If you do notice significant bleeding, remove any denture, spit out any clots and apply pressure to the area by biting firmly on a folded piece of clean cotton material such as a handkerchief or piece of gauze for at least 30 minutes. Make sure this is placed directly over the site and that the pad is replaced if necessary.

If the bleeding has not stopped after an hour or two, phone the contact numbers detailed below.

Remember, it is important to appreciate that if you are taking "blood thinning" medications (including aspirin), you should expect to possibly bleed a little more after surgery. This will also tend to lead to more swelling and bruising but is normal under the circumstances.

Q I have been given some tablets – what are these for?

A You will have been given some simple painkillers and in most cases this will be enough to ease the discomfort which often occurs. Follow the directions given. You may also have been given some antibiotics and it is important that you complete the course as directed.

Q How else can I help to reduce the swelling?

A An ice pack is often very effective; it also helps to sooth the area in the first few hours after the operation. Use frozen peas/sweetcorn or crushed-up ice in a polythene bag. Wrap up in a damp cloth (to avoid "burning" the skin) and apply intermittently (10-15 minutes over the site, 10 minutes back in the freezer – to rest the skin) for 2 or 3 hours, as soon as you return home.

Q I am still in pain after several days, what should I do?

A If you have persistent swelling or throbbing pain several days after the surgery, please contact Blackhills on the number detailed below. If you are still numb 6 hours after the procedure, contact the clinic urgently.

If you have any problems, please contact Blackhills Clinic:

01764 664446

Outside normal clinic hours, phone:

0795 810 2537

**(Evenings: Mon-Thur 5.00p.m-8.30a.m.
Weekends: Fri 5.00p.m. to Mon 08.30a.m.)**