

Instructions to patients at implant placements (Stage I)

- Discomfort** Normally we find that implant placement is followed by **only minor discomfort**. Any discomfort can be minimised by following instructions.
- Pain** If you experience pain when the aesthetic has worn off **follow the regime of pain control** that you have been given.
- Bleeding or oozing** **Minor oozing may discolour your saliva** for some hours after leaving the surgery. However, if bleeding continues and clots are evident, identify the source and apply gentle pressure to the area with a gauze pad soaked in warm salty water for 15 minutes. This may be repeated 3-4 times. If bleeding continues after this, contact the dental office.
- Sleeping** Sleep with an **extra pillow** to lift your head for the first 2-3 nights to reduce the amount of swelling that may occur.
- Ice packs** **Ice packs** can be held over the area operated upon for 20-30 minute intervals, totalling not more than one to two hours during the first two days after the operation. This will normally reduce the amount of swelling.
- Smoking** **Do not smoke for two weeks** before and after the operation as this can seriously affect the success of the implant placement.
- Drinking** **Avoid alcohol for two weeks** after the operation as can impair healing.
- For the first 24 hours take no hot liquids, e.g. coffee, tea or soup.
 - For the first 24 hours minimise your exertion; rest, books and TV are best.
- Salt Water** The day after surgery (not less than 24 hours), commence **warm salt rinses** (1/4 to 1/2 teaspoon of salt in a cup of warm water) 2 or 3 times a day.
- Each rinse should be held against the affected area so that the warm salty water **cools** over it and is held there until the heat is gone. Then **repeat** until the cup is finished. This should last about **10 minutes** each time.
- Dentures** **Leave your denture out** if instructed to do so, until it can be re-lined with a soft lining material.
- Meals** After each meal, **gently rinse** your mouth with warm water.
- Brushing** **Do not brush** the area where the implants have been placed **for at least a week**.
- Tongue** **Try not to explore the area with your tongue** as this may loosen the stitches.
- Diet** In regard to diet, during the first week **any food may be eaten provided it is soft**. This applies to the first week. Boiled fish, scrambled eggs, pasta, rice, etc., are suitable, though any meal may be mashed or passed through a blender to render it soft.
- Supplements** **Vitamin/mineral supplements** may be suggested although clear benefits have not yet been established.
- PROBLEMS** **Contact the surgery if:**
- If numbness persists for more than six hours after the operation
 - The stitches become loose or fall out
 - There is excessive pain
 - There is excessive bleeding
 - The implants become visible
 - Out of hours I can be on contacted on: **07912 668541**

Cirencester Dental Implant Practice