

Instructions to patients at implant placements (Stage 2)

- 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.
- Smoking** **Do not smoke for two weeks** after the operation as this can seriously affect the success of the implant placement.
- Alcohol** **Avoid alcohol for two weeks** after the operation as can impair healing.
- Hot food and drinks** For the first 24 hours take no hot food or drinks. After this, avoid food which is fibrous or touch as this may damage the gums healing around the posts.
- 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 out your denture** 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 posts have been placed for five days. Then commence gently with a soft toothbrush dipped in hot water.
- Stitch Care** **Try not to explore the area with your tongue** as this may loosen the stitches.
- PROBLEMS** **Contact the surgery if:**
- The stitches become loose or fall out
 - There is excessive pain
 - There is excessive bleeding
 - If the posts become loose
 - Out of hours I can be on contacted on: **07912 668541**
- Stitch removal** After the stitches have been removed, the implants have become **your responsibility** and it is your duty to **keep all scheduled maintenance appointments** and build a habit of **rigorous cleanliness** around these posts.
- Late Problems** You must **contact the surgery if there is any alteration in the way your mouth feels** in regard to pain, bleeding, loosening of implants, bad taste or any change in the way the teeth meet on closing your jaws.