



POST-OPERATIVE INSTRUCTIONS following Implant and Bone Grafting Surgery

by Mr Christian Gollings

Local anaesthetic

You have been given a local anaesthetic resulting in numbness. This numbness should wear off within a couple of hours. Please be very careful not to drink hot fluids as this may cause burning. Also, be very careful not to bite your lips, cheeks or tongue.

Swelling and Pain Control

After the operation, you may experience some discomfort, swelling, and jaw stiffness. You can help reduce the swelling by applying an ice pack to your face next to where we did your surgery. Apply the ice pack with firm constant pressure for 10 - 20 minutes, and then release the pressure for five minutes. This allows the skin area to re-warm. Repeat this routine for the next 2 - 4 hours. No more ice packs after the first 24 hours.

Also prop yourself up with a couple of pillows when watching TV and while sleeping for the first 24 to 48 hours after surgery. Most pain and jaw aching start when the feeling returns to your mouth as the numbness wears off. Start taking pain relief medicine (either ibuprofen or paracetamol) when you get home while you are still "numb." Use slightly warm, not cold water, to swallow the medicine. The warm water allows for more rapid absorption of the medicine by your body and gives you faster relief. During the first 24 hours after surgery, you should take the pain relief medicine "by the clock." How often you should take the pills for best pain relief is written on the pill bottle. After the first 24 hours, you can take the pain relief medicine if required to keep yourself comfortable. Please note that moderate swelling post-operatively is a normal reaction.

Bleeding

Following surgery, a gauze pack may be placed over the operation site using steady light pressure. This allows for a blood clot to form. Some oozing of blood during the first 24-48 hours is normal. You will probably notice that the colour of your saliva is pink to red. If your saliva stays red, then use additional sterile gauze given to you. Fold the gauze into a pad, moisten it with salt water then place the pad directly over

the spot that is bleeding and bite lightly for about 45-60 minutes. Consider covering your pillow with a towel as blood will often mix with the saliva.

Hygiene

Please do not rinse your mouth out or spit repeatedly on the day of surgery as this may cause bleeding and delayed healing. Leave 24 hours before using any mouth rinses. Then use Corsodyl mouthwashes twice daily (in the morning and before you go to bed). Use half a capful (10ml) of undiluted Corsodyl and hold in your mouth for 60 seconds. In addition to Corsodyl, after each meal your mouth may be gently rinsed out with a warm, salt-water solution 3-4 times daily maximum. Teeth and gums next to the extraction site should be cleaned daily also after the initial rest period. To clean these more tender areas, use a clean cotton bud and toothpaste. Do not smoke after surgery as smoking has been shown to increase the risk of delayed healing significantly.

Diet

Soft foods can be eaten but please do not eat over implant area, there should not be any pressure around the operation site. Avoid alcoholic beverages and hot liquids for the first few days.

Antibiotics

If antibiotics are prescribed, then they should be taken until they are all gone. Antibiotics may be prescribed to help prevent infections. Please alert your dentist if you have any adverse reactions such as a rash or stomach problems.

Stitches

Stitches are usually placed during the surgery. Sometimes these will dissolve themselves after 10-14 days, or they will be removed on a follow-up visit 2 weeks later. You will be advised accordingly.

Dentures

If you have been given a provisional healing denture or currently wear a denture then please listen to the advice given by the dentist. It is often advisable to leave the denture out for as long as possible. Some procedures will be adversely affected by the pressure of the denture.

If you have any questions or concerns, please do not hesitate to contact us at Southfield Dental Practice on: **(01425) 489283**. Dr Gollings will also give you a mobile phone number should you have an emergency problem.