

CARING FOR YOUR MOUTH AFTER DENTAL IMPLANTS

STITCHES HAVE BEEN PLACED

to help with healing. Dissolvable stitches will loosen or come out within 7-10 days.

Arrangements will be made for a review and removal of non disposable stitches.

Do not worry if they become loose during this period, it will usually not impair the healing.

IF BLEEDING CONTINUES USE A GAUZE PACK

that has been dampened slightly. Continue pressure for 20mins or until bleeding stops.

A clean handkerchief may also be used. Oozing from area is normal, so blood stained saliva may be present, and is not a cause for alarm.

DON'T RINSE YOUR MOUTH TODAY

as this may cause excessive bleeding and problems with healing. From tomorrow

antiseptic mouthwashes such as Savacol or Curasept are recommended

3 times a day up to 6 weeks following. Warm salty water can be used also..

DON'T SMOKE FOR 24 HOURS

(preferably for a few days) as smoking will cause problems with healing

SWELLING AND PRESSURE/TIGHTNESS IS NORMAL

as a result of surgery. This usually subsides in 2-3 days.

TAKE IBUPROFEN (UNLESS ALLERGIC) AND ANY ANTIBIOTICS PRESCRIBED

within the first few hours and then regularly over the next week

to help with discomfort and prevent infection

EAT FOOD ON THE OTHER SIDE

for today and next few days, and then as needed depending on discomfort.

Choose lukewarm liquids and soft foods. Avoid alcohol and hot food/liquids

AVOID STRENOUS EXERCISE

Rest is important to ensure adequate healing. Avoid disturbing the area with cleaning aides also.

USE COLD PACKS

in the first 24 hours to reduce swelling

CALL OUR CLINIC AS NEEDED

if there is continued excessive pain or any concerns about your

healing. We will endeavour to see you as quickly as possible.

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