



## **DENTAL IMPLANT SURGERY**

### **Post-Operative Instructions**

1. Keep biting on the gauze immediately after surgery for 20-30mins to stop the bleeding. Bleeding may persist depending on the type of surgery for up to two hours. Replace the gauze periodically every twenty to thirty minutes if required.
2. If your lip, tongue, or cheek is numb – take care not to bite it.
3. Swelling will occur and may involve the cheeks or even the entire face. This will gradually increase over the next few days before slowly subsiding. Day three often results in more swelling and begins to subside on day five following surgery.
4. Bruising of the cheeks and face may occur. It will appear purple/blue, then turn yellow before disappearing. This is more common in full arch implant placement and older patients.
5. Avoid wearing a removable denture following surgery until advised to do so.
6. If treatment has been completed under sedation, a responsible adult will need to drive you home and accompany you for the rest of the day until you are fully recovered from the effects of the sedation.
7. If you are a smoker, do NOT smoke for at least 48 hours following surgery as it may increase the risk of post-operative complications and result in implant failure (short-term and long-term). It is preferable to avoid smoking for 4 weeks. It is even more preferable if you cease smoking indefinitely. Smokers have higher failure rates of implants and more risk of infections than non-smokers. All warranty is void for patients who smoke.
8. Commence mouth cleaning recommendations 24 hours after surgery. Gently brush the sutures and teeth with a soft toothbrush to remove plaque build-up. Brush teeth exclusive from the surgical site as usual. Gentle rinsing is recommended every 4-5 hours with Savacol mouthwash.

9. Following surgery maintain a soft food / liquid diet as recommended. Extensive surgical treatment or full arch immediate same day teeth treatments require strict soft diet protocols for eight weeks following surgery.
10. Avoid alcohol and strenuous physical activity for 48 hours or while you are on medication for complex surgical procedures.
11. For the first evening's sleep rest your head on two pillows so that your head is slightly elevated. Cover the pillow in a towel to protect from staining as some bleeding may occur overnight.
12. For pain relief, medication has been prescribed by your dental surgeon. Certain medications will cause drowsiness and it is important not to drive or operate heavy machinery until fully recovered from the effects.
13. Please book a post-operative appointment 4 weeks days after your surgical appointment for assessment of the healing and suture removal if required.
14. If excessive bleeding, pain, fever or severe swelling occurs in the days following your appointment please call us on 9226 2135 immediately.