



Implant Treatment Advice

Before surgery

- ◆ Prepare an ice pack to counteract any slight swelling after surgery.
- ◆ Prepare pain relief medication which your dentist will have advised you upon or provided.
- ◆ For your own well-being and to optimise the efficiency of anaesthetic drugs it is advisable for you to have had something light to eat and that you wear comfortable clothes on the day.
- ◆ Two days prior to surgery begin rinsing your mouth with chlorhexidine gluconate mouth rinse e.g. corsodyl to reduce the amount of bacteria you have in your mouth.
- ◆ If you are having sedation then please make sure a responsible person is available to escort you home as you will not be able to operate a motor vehicle or machinery for 24 hours after surgery.
- ◆ If you are taking aspirin then check with your doctor that it is suitable to stop the recommended dose 2 weeks before surgery.
- ◆ If your dentist has prescribed antibiotics for you then begin taking them as directed and finish the full course.
- ◆ A course of multivitamins started 3 weeks prior to surgery will help in the process of healing.
- ◆ Smokers have reduced Vitamin C therefore the course of multivitamins which contains vitamin C will help in healing, serious consideration to ceasing smoking altogether or at least in the immediate pre and post operative period should be given. Smoking will reduce the chance of success of your implant treatment.

On the day of surgery

- ◆ In order to maintain a sterile field you will have a gown placed over your clothing and will be given a protective hat to wear.
- ◆ You will be aware of noise and vibration during implant placement.
- ◆ Before the surgery checks will be made to ensure you have taken any necessary antibiotics and/or oral sedatives. Female patients should be aware that oral antibiotics may reduce the effectiveness of the oral contraceptive.
- ◆ If you are having sedation checks will be made to check you are accompanied.
- ◆ Sedation will be administered in one of two ways, either orally in tablet form one hour prior to surgery or by injection in the back of your hand and this will be discussed by your dentist.
- ◆ In order to place the implant or implants the dentist will make a cut in the gum to gain access to the bone. A slow drill will be used to remove a small cylinder of bone and place the implant, there will be some minor vibration during this procedure and a light water spray. Sutures will be used finally to close the hole in the gum.





Implant Treatment Advice

After the surgery

- ◆ It is strongly advised not to drink alcohol, smoke, or drink coffee/tea as these may adversely affect blood circulation and wound healing. Nicotine use 1 week prior to surgery and 8 weeks after is not advised.
- ◆ If slight bleeding occurs, biting on a clean handkerchief for 20 minutes can easily stop it. Rinsing is forbidden for 24 hours after surgery.
- ◆ Avoid eating until the effects of the local anaesthetic have worn off. Start with soft foods, not too hot.
- ◆ Normal toothbrushing can injure the surgical area during the first week so the chlorhexidine mouthrinse should be persevered with for this period.
- ◆ In order to minimise swelling during the first 3 days it is advisable to use an ice pack on the outer facial areas.
- ◆ Postoperative swelling can reach the eye or neck areas depending on whether the lower or upper jaw is operated upon.
- ◆ During the first few days after surgery you should sleep with a raised head (add a pillow).
- ◆ We will be glad to contact a taxi or someone to take you home after surgery.
- ◆ Whether you should work during the day after the surgery or not depends upon the extent of surgery and should be discussed with the treating dentist.
- ◆ In order to protect the wound area during the first 10 days we will advise on the appropriate use of your denture if you have one.
- ◆ After 7-10 days if a denture is worn then we will relines your denture with a soft lining.
- ◆ Refrain from vigorous exercise for 7-14 days.
- ◆ Use pain relieving drugs as advised by your dentist.
- ◆ Once healing has occurred around the implant carry out cleaning as advised using brushing, flossing and interdental brushes. The implants cannot decay however if not kept clean then gum problems may occur and risk the success of your implant.
- ◆ Contact the practice if you have any problems after surgery which you are concerned about and if - Numbness persists for more than 6 hours after surgery
 - Stitches fall out
 - There is excessive pain
 - There is excessive bleeding

Maintenance

- Regular visits to your dentist and hygienist will be required after your implants are placed.
- 3-6 month reviews are required to assess your oral hygiene and for routine cleaning.
- An electric toothbrush can be ideal to clean your implants and further cleaning aids will be advised by your dentist or hygienist.

