

## **Instructions to patients at implant placement (Stage 1)**

### **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 anaesthetic 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 dentist on the number below.

### **Sleeping**

Sleep with an extra pillow to lift your head for the first 2-3 nights to reduce the amount of swelling that may occur.

### **Ice packs**

Ice packs can be held over the area operated upon for 20<30 minute intervals, totalling not more than one to two hours during the first two days after the operation. This will normally reduce the amount of swelling.

### **Smoking**

Do not smoke for two weeks before and after the operation as this can seriously affect the success of the implant placement.

### **Drinking**

Avoid alcohol for two weeks after the operation as this can impair healing. For the first 24 hours take no hot liquids, e.g. coffee, tea or soup. For the first 24 hours minimize your exertion: rest, books and TV are best.

### **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 your denture out 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 implants have been placed for at least a week.

### **Tongue**

Try not to explore the area with your tongue as this may loosen the stitches.

**Diet**

In regard to diet, during the first week any food may be eaten provided it is soft. This applies to the first week. Boiled fish. scrambled eggs; pasta, rice, etc., are suitable, though any meal may be mashed or passed through a blender to render it soft.

**Contact the surgery if:**

If numbness persists for more than six hours after the operation  
The stitches become loose or fall out  
There is excessive pain  
There is excessive bleeding  
The implants change in position

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