

## POST-OPERATIVE CARE FOR IMPLANT PATIENTS

1. For the first few days after surgery, avoid physical exertion (i.e. sports, heavy lifting etc.)
2. Avoid alcohol for 2 weeks, as this can affect the healing of the tissues. Avoid smoking for 2 weeks, as this will slow down the healing process.
3. For the next 24 hours, avoid hot drinks such as tea and coffee.
4. Denture wearers should discuss with their surgeons when they may resume wearing their dentures. Leaving the denture out after surgery will help with the healing of the soft tissues.
5. A surgical dressing may be placed around the incision after surgery. This should remain in place for one to two weeks. Avoid brushing this area. Instead, use a cotton bud with Corsodyl mouth wash. Clean gently.
6. Rinse with Corsodyl mouth wash 2 times a day. This will help the wound to heal. If an antibiotic has been prescribed, please take as directed and finish the course. If you appear to be having a reaction to the medication, please call the surgery.
7. Please maintain a fairly soft, high protein diet throughout the post operative phase. Do not use a water-pik, play with the area with your tongue, or eat hard or crusty foods.
8. If you have had a sinus lift procedure, or upper posterior implants placed, please avoid blowing your nose for approximately 2 weeks after surgery. This will help prevent infection. Please avoid flying or swimming for 2 weeks after surgery, and please try to sneeze through your mouth and not your nose.

9. It is very important that your oral hygiene and home care is maintained to the highest standards, and that all hygiene appointments are attended.
  
10. Use a cold compress with ice or frozen vegetables wrapped in a towel over the area to help minimise post-operative swelling & bleeding. Additionally, sleep with an extra pillow to elevate the head for the same reason.
  
11. As with any surgery, the possibility of infection exists. If anything concerns you during the time following the placement of your implants, and up to the time of exposure, please do not hesitate to contact us.

Out of hours phone number: **07891 562730**

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