

## *Implant Surgery and Bone Grafting Advice*

It is normal following any surgical procedure to experience some discomfort, swelling, bruising or bleeding. There is also a chance of infection. Please follow the advice below to reduce the risk of any problems.

### **Implant Placement Surgery**

#### **Bleeding**

Some bleeding or redness in the saliva is normal for 48 hours. This can be controlled by biting on a damp tissue pad placed directly on the bleeding wound for **20 minutes**. If bleeding continues please call for further instructions.

#### **Swelling**

Swelling is a normal occurrence after surgery. To minimise swelling, apply an ice bag or frozen peas on the cheek next to the area of surgery. Apply the pack for 10 minutes followed by 20 minutes off, do this for 48 hours.

#### **Bruising**

Some patients experience bruising after surgery. Although it can appear worrying, it is normal and settles within a week or so.

#### **Pain**

You should begin taking pain medication as soon as you feel the local anaesthetic wearing off. You will normally be given paracetamol; you can take 2 tablets 4 times a day. You can alternate with ibuprofen should additional relief be required.

#### **Antibiotics**

Be sure to take any prescribed antibiotics as directed to help minimise infection risk.

Metronidazole- take **one** tablet **3 times/day** for 5 days. Take at: 8am 2pm 8pm

Amoxicillin- take **one** capsule **3 times/day** for 5 days. Take at: 8am 2pm 8pm

Azithromycin- take **one** tablet **PER day** for 3 days. Take at: 2pm

#### **Oral Hygiene**

Good oral hygiene is essential to good healing. The day after surgery, the Corsodyl mouth rinse should be used three times daily for 1 minute. Do this for 10 days. Avoid brushing the surgical area for the *first 5 days*.

#### **Wearing your Prosthesis**

Full or partial dentures can usually be used immediately after surgery, do not sleep with them in. It is ok to leave it out for a few days if you find wearing it uncomfortable. It is sometimes necessary to adjust your denture after surgery so that it doesn't press on the wound.

### **Bone Grafting**

As above but see additional advice below.....

## **Oral Hygiene**

DO NOT brush the surgery area for **3 weeks**, you can brush your other teeth however. Use Corsodyl mouthwash 3 times per day for 10 days, starting the day after surgery. This will help cleanse the area you are unable to brush. After three weeks, it is a good idea to use a soft toothbrush for a week or so, until your gums are used to being brushed again.

## **Diet**

In order to protect the graft, you should stick to a soft diet for 2 weeks. Foods including pasta, soups, chicken, rice and fish are ideal- you should avoid hard or crunchy items.

**If you are concerned or feel that you need additional advice, please phone Philip on 07866617416 or NHS 24 on 111 out of hours.**

Principal Implant Dentist

Dr Philip Byrne BDS Dip Imp Dent