



PATIENT INSTRUCTIONS – IMPLANT SURGERY

BEFORE SURGERY

The following instructions are aimed to make the following few days after surgery easier, more comfortable and with few complications.

BE PREPARED:

- **If you have been given a prescription for antibiotics, ensure you have filled your prescription before your surgery date**
- Have two ice packs at home to aid with recovery after surgery
- Ensure you have the recommended analgesics as advised by your Periodontist
- The necessary soft foods and/or food supplements
- Please cease smoking at least 24hours prior to surgery

REMEMBER:

- Antibiotic therapy varies depending on your specific situation. Please ensure you follow the advice given by your periodontist
- Please refer to the relevant additional instructions if your procedure is to be carried out under oral sedation / anti-anxiety medication or general anaesthesia
- Your prosthesis (denture) may require adjustment & /or relining post-grafting. You may be instructed to leave your prosthesis out for a few days post-grafting surgery

AFTER SURGERY

EXPECTATIONS:

- You can expect some post-operative discomfort / pain
- Mild swelling & bruising near the area of surgery can be expected in the following 2-3 days and is normal

THINGS YOU SHOULD DO:

- Continue taking your course of antibiotics as prescribed by your Periodontist
- Keep your head elevated above your body (do not lie flat) for 24hrs after surgery
- Clean (brush & floss) the rest of your mouth as normal. It is very important to keep your mouth clean during the healing phase
- Use the prescribed Chlorhexidine mouthwash (e.g. Savacol, Plaqacide, Difflam) twice daily. Thoroughly rinse toothpaste out with water after tooth-brushing, prior to rinsing with mouthwash. Gently rinse with 10-15ml for one minute each time. Do not dilute the mouthwash; and do not swallow it
- Apply ice packs to the face immediately post-surgery for 20min then remove for 10min. Repeat this cycle for the remainder of the day. This will help to reduce the amount of swelling
- Take your pain medication (e.g. Panadol, Panadeine or Nurofen) as prescribed by your Periodontist. You should maintain a normal diet when taking pain medication
- Eat soft foods for the first 24 hours

THINGS YOU SHOULD NOT DO:

- Eat or drink hot food / drinks while you are numb
- Bite your lip or tongue when they are numb
- Brush the surgical area
- Drink alcohol on the day of your surgery
- Have hot food/drinks during the first 24hrs after extraction
- Play with or poke the wound or stitches with your tongue
- Smoke - the longer you can go without smoking the faster the healing will proceed
- Strenuous activity for 24-48hrs post-operatively

THINGS TO WATCH OUT FOR & COMPLICATIONS:

Implant surgery is associated with a low risk of complications. No surgical procedure however, is risk free.

BLEEDING:

- Bleeding may continue for several hours. Pink or blood-tinged saliva may be seen and does NOT indicate a problem. It is normal to have a slight bleed after the local anesthetic wears off. Bleeding should be evaluated by looking at the surgical site. If you have any significant bleeding, then place a wet pack (e.g. damp gauze or clean handkerchief) over the wound and apply firm pressure for 15-20 minutes. Rest with head elevated. If bleeding continues then repeat compress for 20min. If bleeding persists, please contact the surgery.

PERSISTENT SWELLING:

- Swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, swelling should decrease but may persist for up to 7-10 days. Immediate use of ice packs will minimize swelling. Swelling usually decreases after the first 2-3 days. If there is no sign of improvement, after the first 2-3 days, please contact the surgery.

INFECTION:

- Although rare, infections of the surgical wound can occur. It is important to follow the post-operative care instructions carefully and keep your teeth clean. Signs of infection may include: increasing pain, increased swelling, bad taste or smell. If there is no sign of improvement, increasing pain and swelling or increased temperature or general tiredness after the first 2-3 days, please contact the surgery.

**A harmless superficial discolouration of your teeth may occur with prolonged use of products containing Chlorhexidine (Savacol®). This can be removed at your next tooth cleaning appointment.*

Please contact BCPI reception on 07 3221 9363 if you suspect you have a complication or if you have a concern or query.