

INSTRUCTIONS TO PATIENTS FOLLOWING IMPLANT PLACEMENTS AND GRAFTS

- DISCOMFORT** Normally we find that Implant placement/grafting is followed by only minor discomfort. Any discomfort can be minimised by the following instructions.
- PAIN** If you experience pain when the anaesthetic wears off follow the regime of pain control taking 400mg ibuprofen every eight hours, (three times a day).
- BLEEDING** Minor oozing may discolour your saliva for some hours after leaving the surgery. However, if bleeding continues and clots are evident, identify the source, soak a gauze pad in warm salty water and apply gentle pressure to the area for 15 minutes. This may be repeated 3-4 times. If bleeding continues after this, contact the dental surgery.
- SWELLING** An ice pack is provided to minimise swelling, wrap in a thin towel to prevent burns, and hold over the area operated upon until it cools. Repeated frequently, this will normally reduce the amount of swelling.
- 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.
- SMOKING** Do not smoke for at least two weeks before and after the operation as this can seriously affect the success of the Implant placement/graft.
- DRINKING** Avoid alcohol for a few days after the operation as this can impair healing.
- For the first 24 hours do not drink any very hot liquids, e.g. coffee, tea, soup.
 - For the first 24 hours minimise your exertion; rest, books and TV are best.
- SALT WATER** The day after surgery (not less than 24 hours); commence warm salt rinses ($\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of salt to a cup of warm water) morning and evening for 3-5 days. Each rinse should be held against the affected area so that the warm salty water cools over it until the heat has gone. Then repeat until the cup is finished. This should last about 10 minutes each time.
- DENTURES** Leave your dentures out if instructed to do so, until they can be relined with a soft lining material.

- MEALS** After each meal gently rinse with 10ml mouthwash for about 2-3 days
- BRUSHING** Do not vigorously brush the area where the Implants/grafts have been placed for at least a week, although gentle cleaning is very important.
- TONGUE** Try not to explore the area with your tongue as this may loosen the stitches.
- DIET** With regard to diet, any food may be eaten, provided that it is soft. Boiled fish, scrambled eggs, pasta, rice etc. are suitable, though any meal may be mashed or passed through a blender to render it soft.
- ANTIBIOTICS** Please take the whole course in your aftercare pack as instructed.
- PROBLEMS** Contact Dr. Wadia if:
- Numbness persists for more than six hours after the operation.
 - The stitches become loose or fall out.
 - There is excessive pain or bleeding.