

Post- operative instructions

For today:

- Avoid vigorous activities.
- Eat soft nutritious food like soup, fish, pasta, mince or yogurt and avoid crunchy or chewy foods like steak.
- No pressure should be applied to the implant site.
- Avoid smoking and alcohol.
- Rest.

To prevent bleeding:

- Immediately after the implant placement stay closed on gauze pack for 20-30minutes. If bleeding continues place gauze for a further 30minutes. Slight oozing may occur for a day or two.

To reduce swelling:

- Apply an ice-pack using a cycle of 15 minutes on side of face adjacent to implant and 15 minutes off, for the rest of the day.
- If swelling persists after 48 hours apply a warm pack.

For pain relief:

- Take pain relief medicine like Ibuprofen and paracetamol.
- Additional stronger pain medication can be prescribed for you if needed.

To prevent infection:

- Take prescribed antibiotics until you complete the entire course
- Keep the site clean by rinsing after eating, but do not attempt to floss or brush the new implant until after your review visit.
- Routine cleaning of the rest of your mouth should continue.
- Regular rinsing with warm salty water promotes healing - start on the day AFTER your implant procedure and continue for 2 weeks.

Call our surgery if any concerns including:

- Increased pain or increased swelling after the first 2-3 days.
- Pus visible or bad taste coming from the site.
- Suture line opening or sutures falling out prior to review visit.

Phone Number: (07) 5546 9710

Calling after hours?

Leave a message asking for a call back and one of our friendly staff members will give you a call as soon as possible

Medication Regime (depending on what your dentist has prescribed):

Antibiotics:

1.
2.

Please take all antibiotics with food or after food.

Please take probiotics in between your antibiotic tablets to replace your gastro-intestinal bacterial flora, and reduce the risk of post op infections.

Dexamethasone 4mg:

1. Take as per prescription.

Please note that Dexamethasone has very strong anti-inflammatory activity and a vital role in reducing pain and swelling. However, it can have psychiatric side effects including mood and behavioral changes.

Panadeine forte (500mg paracetamol, 30mg codeine):

- Take one or tablets before bed, or immediately after your operation.
- Take a maximum of 4-5 per day depending on your medical history and tolerance.
- Be cautious as being the following serious side effects are associated with codeine:
 - a. Dependence on codeine.
 - b. Drowsiness and reduced alertness and reaction time. (No driving of motor vehicles is advised)
 - c. Constipation.

Celecoxib 200mg (Celebrex)

- 1x in the morning and 1x in the evening

Panadol (paracetamol 500mg):

- Take 2 Panadol 3x per day for 5 days.

Do not take Panadol at the same time as Panadeine forte as they both have 500mg paracetamol, and that would be a very high dose for your liver.

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Nurofen (Ibuprofen 200mg):

- Take 2 x Nurofen 3x per day for 5 days on a full stomach.

Do not take ibuprofen if you have a history of stomach ulcers or kidney problems.

Salt and water Mouth rinses:

- Salt and water mouth rinses are crucial for the healing process.

Rinse with salt and water 3 -4 x per day and particularly after meals.

Soft Diet:

Soft diet is crucial following surgery and until your implants integrate as high chewing forces could trigger bone resorption and increase the risk of bone loss.

Bleeding:

- There may be some bleeding following your procedure. To minimize this, avoid rinsing, spitting, or touching the wound for the first **24 hours** following surgery.
- Excessive bleeding should be treated initially by applying gentle pressure with a pad placed directly on the wound for 20 to 30 minutes. If bleeding continues, please call your dental surgery for further instructions.

Oral Hygiene:

- Good oral hygiene will help speed up the healing process.
- Be sure to rinse gently for at least 30 seconds before spitting out.
- Warm salt-water rinses (one teaspoon of salt in a cup of warm water) should also be used four to five times a day, especially after meals.
- Continue to brush your teeth twice a day, taking care to avoid brushing and flossing near the surgical site for the first 3 weeks.
- After your stitches have been removed, you may start to gently use appliances (Pikster brushes, Super Floss, and Waterpik irrigation) to clean under your provisional restorations to allow adequate healing

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Pain management and Antibiotics:

- It is essential that you take your prescribed antibiotics as directed to help prevent infection.
- Start taking pain relief medication prior to the local anesthetic wearing off.
- Please ensure all medications are taken with food and NOT on an empty stomach.

Swelling:

- If you have some bruising to the face, the ice packs will also help reduce this.
- Your doctor may have also prescribed a 3-day course of anti-inflammatory medication, which you must take as prescribed.

Diet:

- Drink plenty of fluids, avoiding hot drinks for the first 24 hours.
- You should restrict your diet to soft foods and liquids for the first couple of months after this procedure.
- Avoid sucking liquids through a straw in the first week.
- Eating soft foods will maximize your treatment outcome.
- Once loaded with the permanent prosthesis, you will then be able to eat more solid food.

Activity:

Keep physical activities to a minimum immediately following surgery.

Exercise may be resumed a few days after surgery but occasionally it may cause bleeding or discomfort; if this happens, you should stop immediately and wait a few more days before exercising further.

Sutures:

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Suture removal typically happens 2 weeks following surgery, but most sutures used these days are resorbable sutures.

Please contact us immediately if you experience any abnormal side effects or symptoms. If you cannot get hold of any of our team, please contact your nearest medical health care professional or depending on the severity of your symptoms, contact an ambulance.

If you have any concerns in the hours, days, or weeks following surgery, please do not hesitate to contact our surgery.

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