

Home Care Following Implant Surgery

- You may feel some pain, swelling and discomfort for a few days following your surgery.
- Avoid hot drinks until the numbness wears off.
- Apply an ice pack (or frozen peas) - 20 minutes on, 20 minutes off - for the first 24 hours following surgery. Afterwards, use a warm pack to assist with pain relief.
- Maintain a soft diet for a week (soups, pure, pasta, fish etc.). Avoid tough breads, nuts, raw vegetables and chewy foods.
- Take the medication (antibiotics and painkillers) as prescribed. Taking the painkillers before the numbness wears off will help to reduce the post-operative discomfort.
- Do not rinse your mouth the day of the surgery. From the following day, brush your teeth three times a day. **SPEND TIME GENTLY BRUSHING THE TEETH AND THE HEALING ABUTMENT. DO NOT WORRY ABOUT BRUSHING THE SUTURES.** Do this three times a day. It is normal for there to be some bleeding when you brush the area.
- Use the mouth rinse (Savacol or Curasept) 3 times a day after brushing your teeth for 2 weeks.
- Smoking is to be avoided as this could contribute to implant failure and increases your risk of infection.
- The sutures will dissolve within 2 weeks. If they are bothering you, they can be removed during your post-operative review.

Please call us on 02 9386 0595 should you have any queries or concerns.