

IMPLANTS AFTERCARE

INFORMATION

INFORMATION SUPPLIED BY:



ANY PROBLEMS....

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DENTAL IMPLANTS

Drink only cold drinks and do not eat anything until the local anaesthetic has worn off.

Avoid hot drinks or hot food for the first day and do not vigorously 'swish' liquid over the treated area. Try not to touch or disturb the implant site with your tongue or fingers.

Avoid strenuous exercise for the first 48 hours.

Some swelling is normal and is usually worse in the mornings after lying flat all night. This will start to subside after the first day. There may be some bruising on the skin which will also clear after a few days. Swelling can be treated with ice packs (or a bag of frozen veg) wrapped in a towel. Hold on the cheek area for a maximum of 10 minutes at a time with 20 minutes break before applying again.

- After 24 hours gentle heat is more beneficial. Sleeping on raised pillows may also help to reduce the swelling

Although you will be sore for a few days, any pain can usually be easily managed with simple painkillers which you should take regularly for 2 days at the normal maximum stated dose. Take your first dose before the local anaesthetic has worn off. If pain seems to get worse after the first couple of days, rather than getting better, you should contact us

If you have a denture that covers the surgical area please avoid wearing it for the first day to protect the underlying implants or graft. If the denture doesn't seem to fit properly after your surgery then you must come back to have it adjusted. A badly-fitting denture can damage a healing implant so it is important to address this.

Any stitches will dissolve but often remain for around 2-3 weeks.

Some bleeding following surgery is completely normal. If this continues, apply pressure with a dampened gauze or clean handkerchief for 30 minutes.

If you have had a bone graft you may notice a few small grains in your mouth (they will look like particles of sand). This is entirely normal and is not dangerous or something to worry about.

If you experience increasing pain or swelling after 3-4 days you should contact us for a check-up.

Successful implant surgery depends on keeping the mouth as clean as possible. Please start to use a chlorhexidine mouthwash as this will keep the healing site clean even if you are not able to clean it with a toothbrush.

- You should also start cleaning your other teeth with your toothbrush as normal on the evening of surgery. Avoid brushing the surgical site for the first few days, but then start to carefully clean this area as well when tenderness permits.
- Try to keep food away from the surgical site for as long as possible. Rinse following each meal or snack ensure that the area is kept as clean as possible.
- You are advised not to smoke until the wound has healed as this severely limits healing in the mouth.

We want your recovery to be as smooth and pleasant as possible and it is vital to follow these instructions very carefully.