

 <p><b>HALTON ROAD DENTAL PRACTICE</b></p> <p>IMPLANTS • WHITENING • INVISALIGN</p> <p>01928 56 92 93</p> <p>WWW.HALTONDENTIST.CO.UK</p>	<p><b>254 Halton Road Runcorn Cheshire WA7 5RL</b></p> <p>haltontdentist@gmail.com</p>
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## Post-operative patient instructions following implant placement

### **Bleeding**

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding can be controlled by biting on a clean tissue or handkerchief placed directly on the bleeding wound for 30 minutes. If bleeding continues please call us for further instructions.

### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.

### **Diet**

Drink plenty of fluids and avoid hot liquids or food. Soft food and liquids should be eaten on the day of surgery. Return to a normal diet as soon as possible unless otherwise directed. Do not drink alcohol for 2 weeks as this can impair the healing process.

### **Pain**

Please take the prescribed etoricoxib tablets once a day for 3 days. In addition, once the local anaesthetic begins wearing off, if you require additional painkillers, two 500mg tablets of paracetamol may be taken up to four times a day as required. Do not take any of the above medication if you are allergic to it, or have been instructed by your doctor not to take it.

Numbness of the lips and chin may be experienced with lower jaw implants. In most cases, this disappears over time but in rare circumstances may be permanent. Please contact the surgery if this occurs.

### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection.

### **Oral Hygiene**

Good oral hygiene is essential to good healing. The day after surgery, chlorhexidine mouth rinse should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Be gentle initially when brushing the operative site. Your stitches should dissolve within a week – beyond this time you can encourage any persistent stitches to fall out by brushing them or rubbing toothpaste into them. If this is still unsuccessful then please notify us and we can invite you in to have them removed.

### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising.

If you do develop any problems or have any additional questions then feel free to contact Dr Jonathan Westall on **07789 390 923** or e-mail [haltontdentist@gmail.com](mailto:haltontdentist@gmail.com)