

Dental implant post-treatment checklist

Essential advice for the hours and days following dental implant surgery



360° IMPLANTOLOGY
— MORE THAN IMPLANTS —

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Immediate aftercare



Do:

- ✓ Apply pressure to the implant site by firmly biting down on a gauze pad to stop minor bleeding.
- ✓ Use ice packs on the side of the face where the implants were placed to help reduce swelling.

Do not:

- ✗ Rinse your mouth or disturb the surgical site with your tongue or fingers.
- ✗ Spit, suck on straws or smoke. This can dislodge blood clots and slow down healing.

Pain management and medication



Do:

- ✓ Use over-the-counter pain medication as per instructions on the pack or as advised by your dental team.
- ✓ Take your first dose before the anaesthetic wears off, if recommended by your dentist.
- ✓ Finish the whole course of antibiotics if prescribed.

Do not:

- ✗ Take medication on an empty stomach.

Oral hygiene



Do:

- ✓ Use a chlorhexidine mouthwash to carefully bathe your mouth, if prescribed by your dentist.
- ✓ Use warm salt-water rinses the day after surgery, especially after meals.
- ✓ Clean your teeth and healing abutments with a toothbrush being careful around the implant site.

Do not:

- ✗ Vigorously swill or rinse over the surgical site. This may dislodge the blood clot and delay healing.

Eating and drinking



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Do:

- ✓ Stay hydrated and only have cold/room temperature drinks on the day of surgery, preferably water.
- ✓ Choose softer foods and chew away from the implant site, even if you have been fitted with a temporary crown.
- ✓ Return to a normal diet after seven to ten days, or as recommended by your dentist.

Do not:

- ✗ Eat or drink until the local anaesthetic has worn off.
- ✗ Consume hot drinks, alcohol and hot or spicy food.
- ✗ Eat foods that are small and likely to get stuck, such as popcorn, seeds or seeded fruit.

Physical activity



Do:

- ✓ Restrict your activities on the day of treatment.
- ✓ Keep your head elevated throughout the day. Sit rather than lie down.
- ✓ At night, use pillows to position your head higher than the rest of your body.

Do not:

- ✗ Drive home if you've received sedation prior to surgery.
- ✗ When lying down, rest on the side where implant surgery has taken place.

Contact your implant team straight away if you experience:



- A persistent swelling or throbbing pain several days after the procedure.
- Continuous bleeding.
- A numb sensation six to twelve hours after surgery.
- If your temporary tooth becomes loose or falls out.
- If you develop any symptoms not covered in your post-treatment care guide.