

Dental implant post-treatment care guide

What to expect and what to do during the hours and days following surgery



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Many patients are surprised at how straightforward dental implant treatment can be and how they experience very little discomfort afterwards. Detailed planning beforehand means that implant placement is a relatively simple minor surgical procedure. To optimise the healing and health of your dental implants you will be given postoperative care instructions by your dentist.

This guide produced by bredent UK Limited covers general information and advice on what to expect immediately after placement of your dental implants. Please also refer to our at-a-glance post-treatment checklist.



Immediate aftercare

- Minor bleeding after dental implant placement is normal. You may be asked to apply pressure to the area by firmly biting down on a gauze pad.
- Avoid rinsing your mouth and disturbing the surgical site with your tongue or fingers.
- Do not spit, suck on straws or smoke. This can dislodge blood clots and slow down healing.
- To help reduce swelling, ice packs can be applied to the side of the face where the implants were placed.

Pain management

- For most patients, over-the-counter pain relief will be adequate.
- Your dentist may suggest you take your first dose before the anaesthetic wears off.
- If you are prescribed antibiotics make sure you finish the course to help prevent infection.

Eating and drinking

- Do not eat or drink until the local anaesthetic has worn off.
- Only have cold/room temperature drinks on the day of surgery, preferably water. It's important to stay hydrated.
- Avoid hot drinks, alcohol and hot or spicy food.
- Choose softer foods and chew away from the implant site, even if you have been fitted with a temporary crown.
- Avoid foods such as popcorn, seeds or seeded fruit, as they can get stuck and cause infection.
- Most patients can return to a normal diet after seven to ten days except if otherwise advised by the dentist.

Oral hygiene

- If prescribed by your dentist, use a chlorhexidine mouthwash to carefully bathe your mouth.
- The day after surgery, warm salt-water rinses are recommended, especially after meals.
- Avoid vigorous swilling and rinsing over the surgical site in the first few days to prevent dislodging the blood clot and delaying healing.
- Clean your teeth and healing abutments with a toothbrush being careful around the implant site.



Physical activity

- Restrict your activities on the day of treatment as physical exertion can cause throbbing and encourage bleeding.
- If you've received sedation prior to surgery, you will not be permitted to drive home. However, most implant procedures are performed under local anaesthetic. Ask your dentist for advice about driving based on your specific case.
- Keep your head elevated throughout the day. Sit rather than lie down.
- When going to sleep, use pillows to position your head higher than the rest of your body. Avoid resting on the side where surgery has taken place.

Follow-up treatment

- Stitches are normally removed or dissolve after seven to fourteen days. Your dentist will inform you what to expect.
- In most cases, dentists will leave the gum to heal and the implant(s) to fuse (osseointegrate) with the jawbone before fitting permanent, replacement teeth.
- There is usually a period of healing lasting from six weeks to six months. Healing times will be different for each patient.

Complications

The placement of dental implants is one of the safest and predictable procedures with a high success rate but as with all types of surgery there can be potential problems.

If your oral health and tooth cleaning is poor, bacteria can build up and cause inflammation (peri-implantitis). If left untreated, this can lead to bone loss around the implant. The steps you take on the day of surgery and the days and weeks after placement will help to accelerate healing and minimise any risk of complications.





Long-term care

Healthy lifestyle choices are essential to successful healing. The healing process can be impaired by smoking, a poor diet, excessive alcohol consumption and lack of dental care. To keep dental implants healthy, they must be looked after in the same way as natural teeth. Visit your dentist and hygienist regularly for professional maintenance and cleaning.



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Implant patient passport



Cut out and keep for
a personal record
of your treatment

To be completed by your implant team

Name _____

Implant site(s) _____

Implant brand & type _____

Implant reference number(s) _____

Implant abutment interface _____

Date of surgery _____

Date of final restoration _____

Restoration connection _____

Implant surgeon _____

Implant clinic _____

Referring dentist _____

Implant(s)

Prosthetic components

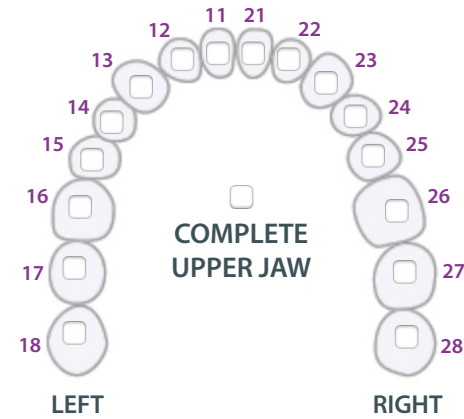


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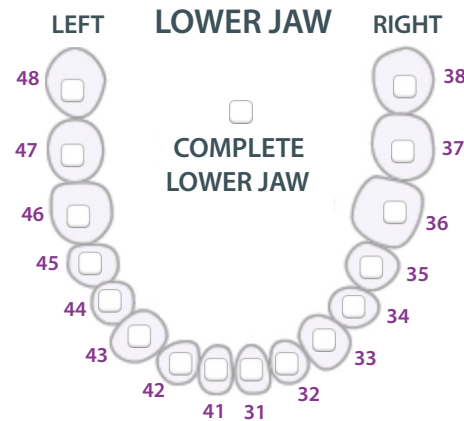
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Fold

UPPER JAW



LOWER JAW



Contact with your implant team

It's usual for a member of the implant team to call you the day after surgery to check all is going according to plan. But if you have any concerns don't wait for them to call you. In particular, you should contact the practice straight away if you experience any of the following:

- A persistent swelling or throbbing pain several days after the procedure.
- If bleeding continues.
- 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.

Please also refer to our at-a-glance Post-Treatment Checklist.



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About bredent UK Limited

bredent UK Limited has earned an enviable reputation for providing dentists and dental technicians with world-class products including SKY dental implants, SKY fast & fixed same day teeth and a range of surgical and restorative components.

SKY implants are developed and manufactured in Germany by bredent medical GmbH & Co.KG and offer the very best in aesthetic and functional solutions for people with missing or failing natural teeth.

Our goal is simple: to improve the oral health of patients worldwide, working in partnership with dental professionals to deliver the highest standards of quality, care and clinical excellence.

Additional resources

bredent-implants.com/patients

bupa.co.uk/dental/dental-care/treatments/dental-implants

click4teeth.com

colgate.com/en-gb/oral-health/implants/what-are-dental-implants

consideringdentalimplants.co.uk

nhs.uk/live-well/healthy-teeth-and-gums/dental-treatments/



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