



Horbury Dental

care & implant clinic

making you smile for over 75 years

POST OPERATIVE INSTRUCTIONS

Immediately Loaded Full Arch Bridgework

THIS SHEET IS DESIGNED TO OFFER ADVICE AFTER YOUR IMPLANTS HAVE BEEN PLACED. FOLLOWING THIS ADVICE WILL HELP THE HEALING PROCESS AND REDUCE COMPLICATIONS.

FOR PAIN: There is always going to be an element of pain involved in any surgical procedure. The amount of pain you experience will be proportional to the complexity of the implant surgery you have just had. However, as a general rule, pain is present for 2-3 days and gradually subsides from the third to fourth day onwards. The pain is best controlled using Paracetamol and Ibuprofen taken alternately providing there are no contraindications to you taking these medications. Please check with your dentist. We recommend taking 1g Paracetamol 4 x per day. And 600mg Ibuprofen 4 times per day. Taken alternately, you can therefore have painkillers every 3 hours. It is important not to exceed the maximum dose.

SWELLING: It is very normal after surgery such as this to have swelling, although we may have given you an anti-inflammatory injection to reduce this. However, you should not be alarmed if you do have a great amount of swelling and bruising. The swelling will usually start to subside after 4-6 days. A small amount of residual swelling may persist for up to 1-2 weeks, but should gradually be reducing during this time. We recommend that you take Arnica (available in health food shops) for a week before treatment and continue for 4 weeks following surgery. This helps reduce swelling. We also recommend that you use ice packs - place ice in a sealable bag and wrap in a small towel. Hold over the face for approximately 2 hours after surgery.

INFECTION: We go to great lengths to prevent infection during the implant placement procedure. However, there is always a possibility that the site can become infected. If you are experiencing more swelling or pain than you think is normal, please contact the practice and we will see you as soon as possible.

CLEANING: DO NOT rinse your mouth for 3-4 hours after surgery. You are recommended to use hot salt water mouth baths 6 times/day to help soft tissue healing. If brushing your teeth is too uncomfortable, then use Chlorhexidine (Corsodyl) mouthwash for 7-10 days to help keep your teeth clean. Use twice daily.

DRINKING: It is important not to rinse heavily over the surgical site in the first few days after surgery to avoid dislodging the blood clot and thereby delaying healing. It is usually possible to drink water avoiding the surgical site and a straw can be helpful when implants have been placed at the back of your mouth. You should avoid hot drinks such as tea or coffee over the area for the first day. Alcohol will break down the blood clot and should be avoided for at least 2 days.

SMOKING We have also discussed the fact that smoking does delay healing and we know from scientific literature that smokers are at a much higher risk of implant failure than a non-smoker. Therefore, we advise and encourage you, if you wish to pursue implant treatment, to consider a smoking cessation programme.

ANTIBIOTICS: If you have been prescribed a course of antibiotics, please take it as directed until it is finished. If you have taken a sachet of Penicillin before surgery - you start the capsules 8 hours after taking the sachet. If you are allergic to Penicillin, you will have been given different instructions to follow.

NUMBNESS: If you have had treatment to the lower jaw and you have any numbness and tingling, in the short term this can be a normal occurrence. However, please telephone us and let us know if this is the case, so that we can decide whether we need to do anything further.

EATING: It is very important that you maintain a soft diet for the next 8 weeks. The implants that you have had placed are held by the screw threads, but over the following 3 weeks the stability of the implants will in fact reduce, despite the fact the new teeth feel very firm. The implants are at the most vulnerable 3 weeks after placement. Thereafter, the implants will start to stabilise again as new bone is formed and grows on the implant surface. It usually takes approximately 8 weeks for the bone to grow onto the implant surface and for the implants to be integrated. It is therefore absolutely essential that you maintain a soft diet such as fish, pasta, eggs, soft potatoes etc., during this time.

ORAL HYGIENE - CARE FOR IMPLANTS AND NEW TEETH: After approximately 12 weeks we will recommend that you purchase a water pick for cleaning beneath the bridgework to ensure it is kept thoroughly cleansed around the implants in this difficult to reach area. Please do not use it before 12 weeks until we are satisfied that the gum has healed fully.

FURTHER APPOINTMENTS: We will usually review healing after 2 and 8 weeks. Once we are satisfied with the initial healing we will then plan provision of your definitive bridge in approximately 6 months time. However, should you have any concerns or queries, please do not hesitate to contact us.

If you require any further advice, please e-mail or telephone the Implant Clinic:

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