



The following steps will help you feel more comfortable by preventing bleeding, reducing swelling and relieving soreness.

1. Avoid eating and drinking anything hot before the effect of the local anaesthetic has disappeared (about 2 hours) in order to prevent burning.
2. Avoid rinsing your mouth vigorously for 8-12 hours otherwise you may cause the surgical site to bleed resulting in delayed healing.
3. Take pain relieving tablets (e.g. Ibuprofen or Paracetamol) to alleviate discomfort. These should be started on the day of the surgery and taken every 4-6 hours as needed.
4. Some swelling and bruising may occur within 24-48 hours following the implant surgery and can reach the eye or neck depending on whether the upper or lower jaw has been operated on. Apply an ice pack on the outside of the face over the treated area as soon as possible, on and off for up to 3-4 hours. During the first few days after surgery try and sleep with a slightly raised head (add a pillow).
5. Avoid the use of tobacco in any form on the day of surgery as it will compromise healing. Nicotine use one week prior to and eight weeks after surgery is not advisable.
6. In order to protect the surgical site it is advisable not to wear a removable denture during the first 10 days after surgery. Where this is unavoidable your denture will be adjusted so that it is not contacting the surgical site or lined with a soft tissue conditioner.
7. Avoid drinking alcohol for 24 hours following surgery.
8. Use Curasept or Corsodyl mouthwash four times a day. Avoid brushing the surgical site, however brush the rest of the mouth as usual.
9. Do not be tempted to stretch your lips or cheek to check you implant. This will disturb the tissues and stitches, possibly compromising the healing process.
10. If you have been prescribed an antibiotic you must complete the course.
11. Take it easy for the rest of the day. Refrain from any vigorous sport for the first 1-2 weeks.
12. The next appointment will be to remove sutures and check healing. It should only take a few minutes and should not be uncomfortable.
13. If you have any concerns, please contact the practice for advice.