



## Care After Implant Surgery

During the healing period after implant surgery, it is essential that the following instructions are observed to avoid unnecessary complications or failures:

- 1. Eating: please do not bite, chew or apply any pressure/contact on the recently placed implant(s) and associated healing cap (shiny circular titanium stud).** Any pressure on the implant may move the implant and prevent the healing process, which could result in failure. Please wait for the numbness to wear off before eating or drinking. Please avoid chewing on the implant for 3 months.
- 2. Cleaning: meticulous and gentle cleaning of the implant site, the implant healing cap (shiny metal stud) and the neighbouring teeth is very important.** For the first 1-2 weeks, please use cotton tips (provided) soaked in Colgate Savacol mouthwash (provided) and gently wipe over the implant healing cap twice per day to achieve a plaque-free environment. I will give you new cleaning instructions after at your review appointment. **Please do not use electric tooth brush over the implant healing cap for the next 3 months. Under no circumstances should you ever stop meticulous cleaning of the implant site or the implant healing cap** (shiny metal stud), even if the healing cap comes loose or comes off. Throughout the entire healing process, please continue to brush and floss your teeth, however not with electric tooth brush.
- 3. After sinus lift (if applicable):** after a sinus lift procedure is performed in the upper jaw, you could experience minor nose bleeding. Although uncommon, this is quite normal and will not occur after 24 hours. Please use a dark coloured pillow case to sleep on tonight (only) to avoid any visible blood stains. **To reduce the risk of sinus membrane complication (e.g. tear of the sinus membrane), for at least 3 weeks, please DO NOT:**
  - **Blow your nose at all**
  - **Hold your sneeze in, just let "everything" out**
  - **Blow (e.g. balloons) or suck (e.g. using straws)**
  - **Carry out strenuous exercise**
  - **Scuba dive or free dive**
- 4. Bleeding:** please leave the gauze in your mouth for at least 1 hour. After its removal some blood-stained saliva is normal. Formation of a blood clot is essential to the healing process. Please do not rinse your mouth today, which could disrupt the blood clot and start the bleeding process again. Should any bleeding occur from the surgical site, use a new gauze



and gently bite down onto the gauze for at least 1 hour. If there is excessive bleeding, please contact our practice.

5. **Swelling:** to minimise facial swelling after implant surgery when guided bone regeneration or sinus lift procedure has been involved, gently apply ice pack to the face for the next hour after surgery. Swelling is a natural part of the healing process which usually is at its worst 2 days after the surgery and can last up to 5 days. There is a small chance that bruising may occur which could last up to one week.
6. **Discomfort:** the discomfort post-operatively will be similar to after an extraction. For pain relief, take 2 painkillers (e.g. Maxigesic tablets provided) every 5 hours for the next 1-2 days. Do not exceed 8 tablets in total per day. Maxigesic is an effective painkiller and anti-inflammatory. However, for patients who are pregnant, have stomach ulcers, asthma or are allergic to NSAIDS, Maxigesic is not suitable. Please use Panadol instead.
7. **Usual medications:** please continue to take all usual medication(s) prescribed by your doctor, unless specifically instructed to do otherwise.
8. **Exercise:** after routine dental implant surgery (where no bone grafting and sinus lift was involved), you can carry out moderate exercise the following day. For more surgeries involving bone grafting and sinus lift, delay of moderate exercise by 5 days is recommended.
9. **Healing cap (shiny metal stud):** for the first couple of days, gum tissue could grow over it and the healing cap may appear to be absent. As healing takes place, the gum tends to shrink where the healing cap becomes exposed. Your healing cap can become loose or even come off. This is usually due to over brushing, or using an electric toothbrush (which should NOT be used at this stage) or accidentally chewing on it. Please call us as soon as possible to have the cap tightened or replaced (takes approximately 15min). Please do not be concerned.
10. **Tingling sensation:** for implants placed in the lower jaw, there could be a tingling sensation or some mild numbness of the lip. This may last several days to several weeks which is within the range of normal recovery. Should these symptoms occur, please inform us of this when we call you the next business day after your surgery.



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**11. Dentures:** if you have a removable denture that is worn over the recently placed implant(s), this must be adjusted by Dr. Lee before you attempt wearing it. Once adjusted, feel free to use your denture but please minimise its use whenever possible.

**12. Antibiotics:** female patients please note that antibiotics given to you may temporarily reduce the effectiveness of oral contraceptive medication.