

So you've just had a dental implant placed...

Post-operative instructions

What to expect

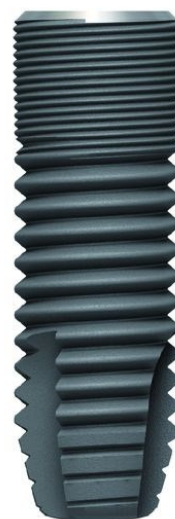
- Soreness and swelling after having a dental implant placed is to be expected for about a week
- You may have some bruising, and sometimes this can appear quite drastic; don't be alarmed about this
- Some mild bleeding is quite normal for 48 hours after the procedure
- The stitches can be a little irritating (you will be informed if these are dissolvable or not)

When to seek assistance

- Severe pain is never normal and you should contact the practice if standard pain relief is not helping
- Severe swelling which spreads to your eye or stops you from speaking or swallowing properly
- Numbness which has not worn off by the morning after your procedure
- Foul taste or pus coming from the site of surgery

How do I care for the surgical site?

- Try to **avoid removable appliance wear for 7 days** as this can impact on healing
- Take **over-the-counter pain relief for 5-7 days**
- **Use a salty or chlorhexidine mouth rinse from the day after your procedure.** Do this at least after every meal **for up to a week** after the procedure.
- Have a **soft diet** for up to a week
- If you have a significant bleed, **bite down on some gauze for up to 10 minutes**
- **Avoid an electric brush** around the stitches for the **1st week**
- **Do not smoke** for at least 48 hours



Practice Telephone: 0191 252 1891

Out-of-hours Advice: 111

2a Kenilworth Road, Monkseaton,
Tyne and Wear, NE25 8BE

0191 252 1891

www.horizondentalclinic.co.uk

H O R I Z O N
dental clinic