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Awarded BEST ORTHODONTIST IN BANGALORE

National Dental Excellence Awards, 2014

POST OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANTS

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. Sutures are placed in the gums to help the gums adapt and heal around the implant.

Some bleeding is normal for the first 24 hours. The bleeding can be arrested by eating something cold and soft like ice-cream or applying an ice pack on the outside on the cheeks. Excessive bleeding can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues please call for further instructions.

Swelling is a normal occurrence after implant surgery. To minimize swelling, apply an ice bag, or a plastic bag, or towel filled with ice on the cheek in the area of surgery. Apply the ice as many times as possible, for the first 48 hours starting immediately after surgery.

Drink plenty of fluids. Avoid hot liquids or food. Soft and cold food should be eaten on for the first 48 hours after surgery. Return to a normal diet as soon as possible unless otherwise directed.

You should begin taking the medication before the anaesthesia wears off. Follow the doctor's prescription for the dose, duration and frequency of medication. Be sure to take the prescribed antibiotics as directed to help prevent infection.

Good oral hygiene is essential to good healing. 48 hours after surgery, a mouthrinse

should be used twice daily, after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt-water rinses (teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, as well, especially after meals. Brushing your teeth must continue as usual. Be gentle initially with brushing the surgical areas. Avoid rinsing very vigorously in the initial period.

Keep physical activities to a minimum for the first week following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Nourish yourself well during this period as it is important for healing.

You are advised not to smoke until the wound has healed as this severely limits healing in the mouth.

If you have any concerns or questions regarding your progress, please do not hesitate to contact us. An out of hours contact number is also provided.

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