



POST IMPLANT

POST IMPLANT ADVICE

In case of an emergency, please call Claire Murphy 083 154 3501

1. It is advisable that you take Arnica 30 concentration. 2 tablets should be taken three times a day for 2-3 weeks (to help with bruise prevention). Arnica is available from any health shop, homeopathic shop and some chemists.
2. In order to reduce swelling post-surgery you will need to place an ice pack over your chin or cheekbones (depending on the surgical site) 20 mins out of every hour for 48 hours post surgery so it is advisable to have ice packs prepared in advance.
3. Do not rinse out today, from tomorrow rinse with warm salty mouthwashes (3 teaspoons of salt in a glass of warm water) after every meal and early morning and late evening. Continue as directed at least one-week post surgery. You should be able to brush the rest of your teeth as normal. Do not attempt to brush the surgery site.
4. You will need to alternate the salt with corsodyl/kin mouthwash 48 hours post surgery and continue both until advised.
5. Take all medication as prescribed. Both antibiotics and painkillers will be prescribed, if you notice any unusual reaction please contact the clinic. If antibiotics are prescribed as directed. Always complete the course as prescribed.
6. If you have a denture it is advisable to wear the denture as little as possible, follow the instructions as given in the surgery. It is important not to traumatize the wound, especially if a graft has been placed.
7. Do not exert yourself for the next 48 hours. If you are having a single implant you may be able to return to normal activities the day after surgery.
8. There may be some post-operative discomfort when anesthesia wears off. Please take all medication as prescribed unless advised otherwise. Contact the clinic if required. It is advised to take the painkillers even if not in pain as they help to reduce any swelling that may be experienced.
9. Do not brush or floss for 24 hours. After that brush area of surgery very lightly and carefully until stitches are removed. Resume normal flossing and brushing in the other areas.