Take the antibiotic prescribed for you, following the timing instructions carefully. One hour prior to the appointment, rinse your mouth thoroughly with undiluted Corsodyl which you can buy at a pharmacy if it has not been provided. If you are not asthmatic or allergic to ibuprofen it is advisable to take a Nurofen tablet (400mg in total) about 30 minutes before your appointment.

POST OPERATIVE CARE  
  
1) The local anaesthetic effect will last for about 4-5 hours. During that time, take care not to injure the affected parts by accidently biting, or burning them with hot drinks. It is advisable to avoid hot drinks, such as tea or coffee, for the first 24 hours after your appointment.

2) When you arrive home, take the painkillers and anti-inflammatory tablets prescribed for you. If you seem to be having a reaction to the medication, please call Lisa on the contact card attached.  
  
3) If possible, avoid food until the local anaesthetic has worn off, and then have a soft tepid meal. It is also best to have soft meals for several weeks after the surgery.  
  
4) Any dentures should be left out completely for a few days, and specific individual instructions relevant to yourself, will be given following that.   
  
5) Avoid lying down for twenty- four hours after the operation. Sleep with several pillows under your head at 45 degree angle or so.

6) Do not clean around the Implant site(s) for the first 24 hours at all, then gently clean with cotton wool buds soaked in Corsodyl after meals, cleaning any natural teeth the usual way. Take care not to knock the Implant site(s). Warm salt water mouth rinses should be started 24 hours after the surgery. Very lightly, without swishing, shake your head and allow the water to bathe the wound. Do this twice a day for two weeks using a quarter to half a teaspoon of salt to a glass of water. Follow this with a Corsodyl rinse.  
  
7) Blood stained saliva is to be expected following surgery for approximately 24-48 hours. If excessive bleeding takes place however (e.g. large clots of blood) then pressure to the area must be applied. Roll up a piece of gauze, wet it, and apply steady pressure for 20-30 minutes. Sit down, not lie down…stay calm, as anxiety raises the blood pressure. Remove the gauze and repeat if the bleeding has not stopped. If bleeding continues contact the practice.  
  
8) It is normal to expect some slight swelling and possible bruising around the surgical site(s). Sometimes temporary altered sensation is experienced. Some pain is normal and to be expected, but the painkillers prescribed will keep this to perfectly tolerable levels. After two or three days, this should have disappeared, any swelling or bruising may last a little longer. Ice packs can be applied to the face for a period of two days.

9) Numbness of the chin can occur if you have lower implants. In most cases this disappears in time, but occasionally this could be permanent. Please contact the surgery if this occurs.   
10) If upper posterior implants are placed, do not blow your nose for two weeks after surgery. This will help prevent infection. Any nosebleeds that occur should be reported to the surgery.   
  
11) Do not smoke for two weeks, as smoking can slow healing.  
  
12) Do not drink alcohol for two weeks, as alcohol can seriously damage the healing tissues.  
  
13) Avoid exertion for the first few days after surgery.  
  
14) It is important that you maintain a high protein diet throughout the post- operative phase. Foods that are a good source of protein are eggs, soup, cottage cheese, ground lean beef and milk products. A fairly soft diet should be maintained for several weeks following surgery while the implant heals. A blender may prove useful, and Complan food supplement can be taken. Avoid traumatizing the Implant. Do not use a water pik, play with the area with your tongue or eat hard crusty food.  
  
15) A vitamin supplement should be taken to help in the healing phase. Take a multiple vitamin (if not allergic) and at least 1000mg of Vitamin of C once a day.

If you are concerned about anything you are experiencing outside of normal practice hours, contact us on the mobile number offered to you on the day of stage 1 of your treatment.