

Dental Implant aftercare



Guidelines for the care of your mouth following dental implant treatment.

Immediately after your implant treatment

- Please do not eat until after the local anaesthetic has worn off and avoid hot drinks.
- Try not to disturb the area with your tongue or fingers.
- Please avoid strenuous exercise for 48 hours.
- Please avoid alcohol and smoking as this can significantly slow the healing process.
- Please avoid hard or chewy food for the first few days
- You may experience minor bleeding; this is normal. If bleeding persists, apply pressure with a clean gauze/handkerchief to the site for 30 minutes.
- Please try to keep the area as clean as possible. In the evening of the day of treatment you can clean your teeth; please avoid the implant site area. 24 hours after the placement you may start using warm salt mouthwashes, which can be beneficial for the first week.
- You may experience some slight swelling/bruising which should ease after a day or two. Swelling may be reduced by gently applying an ice pack to the area for 10 minutes at a time with 20 minute breaks in between applications. You may find sleeping with an extra pillow beneficial.
- You may experience some soreness following placement which can be alleviated by taking paracetamol or ibuprofen.

- Your stitches are dissolvable and this may take 2-3 weeks. After 1 week, if you find the stitches are bothering you or are uncomfortable, please contact us to arrange an appointment for us to remove them for you.
- If you have a denture that covers the implant site, please wear the denture for as little time as possible during the first day following surgery in order to protect the underlying implants and graft. If you notice that the denture doesn't fit properly, please arrange an appointment to have the denture adjusted; a badly fitting denture may damage a healing implant.
- Should you experience increased discomfort or swelling after 3-4 days, please contact us for a review appointment.



Click for information
or call 01622 761067

Ongoing dental implant care:

You will need to take good care of your mouth to avoid future problems. A good oral hygiene regime includes:

- Brushing your teeth twice a day.
- Cleaning carefully between your teeth – we can advise you on the best method of doing this.
- Regular use of an alcohol free mouth wash.
- Avoiding smoking – this significantly increases the incidence of gum disease, leading to inflammation and infection around your implant.
- Avoiding fizzy and/or acidic drinks and limit the consumption of sugary foods to meal times. This will help to reduce tooth decay which could cause inflammation or infection around your implant.
- Visiting us when recommended for your implant examination appointments.
- Visiting our hygienist as advised by your dentist.