

Post Operative Instructions following implant surgery

General Instructions

Avoid the following for 48 hours after surgery: (as this may stimulate bleeding)

- Hot food and drinks, alcohol
- Vigorous exercise

Pain Relief

A varying degree of pain relief is required for individuals. We recommend regular use of pain medication following your procedure for the first 1-2 days. You are best to start pain medication as soon as possible after your procedure and prior to the local anaesthetic wearing off.

The most effective medications are:

- Ibuprofen (Nurofen or Nurofen Plus) 4 to 6 Hourly
- Paracetamol (Panadol, Panadeine, Panadeine Forte or Di-Gesic) 4 to 6 hourly

To maintain a comfortable level of pain management we recommend 2 tablets of pain medication, alternatively every 2 hours. E.g. 2 Nurofen then two hours later 2 Panadeine.

It is normal to require pain relief for up to a week or so following your procedure.

Ensure you read the labels and do not exceed the daily recommendations.

Bleeding

It is normal that the site of the surgery “weeps” a small amount of blood. This will mix with the saliva and appear as more blood than is actual. Do not be alarmed by this. If you feel that the amount of bleeding exceeds this level, contact us immediately. All wounds should be closed and haemostasis (no bleeding) achieved BEFORE you leave the surgery.

Swelling

There is a varying degree of swelling for each case. This is an extremely common side effect of having surgery. The swelling will increase over the first 24-48 hours then resolve over the next 5-6 days. In general, the less tissue damage, the less swelling. Therefore, simple cases usually don't involve problematic swelling. Your dentist will inform you of its likelihood prior to surgery.

If there is little or no pain then there is no cause for alarm.

Please follow these simple rules to promote healing, prevent complications and make yourself more comfortable.

Please contact the surgery at any time you are concerned about the progress of your healing. Remember that you have just had minor surgery..... Be kind to yourself!