

Interface

SURGERY CENTRE

T: 1 888-523-8333 **F:** 1 833-483-8333 **E:** info@interfacesurgery.ca **w:** interfacesurgery.ca

NORTH

220 Oxford Street W.
London, ON N6H 1S4

SOUTH

9828 Ford Road (at Wellington Rd.)
St. Thomas, ON N5P 3T1

WEST

1249 London Road
Sarnia, ON N7S 1P3

POST-OPERATIVE INSTRUCTIONS FOR DENTAL IMPLANT PATIENTS

Congratulations on your decision to include dental implants as part of your comprehensive dental treatment. The following list of instructions is designed to help you achieve optimal success.

Smoking is absolutely contraindicated. There is statistical evidence to show that the success rate of dental implants in patients who smoke is reduced significantly. Even in the short term, wound healing problems are greater in patients who smoke following surgery. Any sucking action may promote bleeding and tissue movement in the surgical site.

Sutures placed at the time of surgery may or may not be dissolvable. An appointment will be arranged for assessment of wound healing in 7-10 days and any remaining sutures may be removed at that time.

Personal oral hygiene is of the utmost importance. Mouthwashes should not be used on the day of surgery. A salt and water solution (strength 1 tsp salt to 500 ml water) may be used after meals. A Chlorhexidine rinse may be prescribed to improve your oral hygiene. Continue to brush your natural teeth as usual, starting the first day after surgery.

Generally speaking, dental implant patients should avoid pressure to the operative sites. If you wear a partial denture, it may have to be adjusted prior to being re-inserted following surgery. You will receive individual instructions if required. If you wear a full denture, it will need to be left out for approximately 1 week, and will likely require adjustment and relining prior to re-insertion.

Cold or lukewarm liquids may be taken immediately if desired. A soft non-chewing diet can be started when tolerated. Care should be taken to avoid injury to the surgical sites. Return to a normal diet can occur when tolerated.

The use of an ice pack for the first 24-36 hours can help to minimize swelling and bruising. It should be applied regularly in 20 minute intervals on and off. In general, swelling is not significant following the placement of a single implant but, may be more obvious if multiple implants are placed. There also may be additional swelling if you have had bone grafting to facilitate the placement of your implants. Swelling peaks approximately 48 hours after surgery.

Although significant discomfort is not common, a pain medication will likely be prescribed following your procedure. Please take all medications as prescribed and contact the office if there are any problems or side effects.

We have an answering service with access to an on call surgeon at all times. If you have any questions or concerns, please do not hesitate to call us.