

Guidelines for Bone Graft, Implant and Extraction Aftercare

- Take care to only have cold drinks and do not eat until the local anaesthetic has worn off. Avoid hot drinks or hot food for the first day and do not 'swill' liquid over the area. Try not to disturb the area with your tongue or fingers. Do not undertake strenuous exercise for the first forty-eight hours such as running or the gym.
- You may have some swelling and/or bruising following your treatment – this usually reaches a peak two to three days later. This is quite normal and both will subside naturally after a few days. Swelling can be reduced with ice packs (or a bag of frozen peas) wrapped in a towel. Hold on the cheek area for a maximum of ten minutes at a time with twenty minutes' break. After twenty-four hours, gentle heat is more beneficial. Sleeping propped up slightly on two to three pillows may also help.
- Pain should not be a big problem. Although you may be sore for a few days after any surgery in your mouth, this can be easily managed with simple analgesics (painkillers). You should take these regularly at the maximum stated dose for the first two days after your surgery. Take whatever painkillers you normally take for headaches, aches, and sprains (ibuprofen and paracetamol make a good combination), but check with your GP or pharmacist if you are unsure or have any medical conditions. Take your first dose before the local anaesthetic has completely worn off.
- If after a few days you experience increasing pain and swelling, you must return to QRDC as soon as possible, so that we can ensure you are not beginning to develop an infection.
- If you have old dentures that will cover the surgical area, please ask your Dentist for directions on when to wear these.
- Stitches, if present, are dissolvable but often remain for around two to three weeks. If they are uncomfortable or annoying, you may contact us to remove them.
- Some minor bleeding after surgery in the mouth is normal. If this persists, apply pressure by biting firmly down over the area on a dampened bite pack provided by your dentist for twenty minutes whilst sitting upright. Do not keep checking or changing the gauze. You should contact us if bleeding persists for any reason after applying pressure in this way.
- If you have been given a course of antibiotics to take after your surgery, please ensure that you complete the course. With antibiotics it is always helpful to take a probiotic such as Probio 7, available at Hansa, to ensure your gut flora remains balanced.

Cleaning

- Successful oral surgery depends on keeping the mouth as clean as possible.
- You should also start cleaning your other teeth as normal with a toothbrush, starting on the evening of your surgery. Avoid brushing the surgical site for the first few days, but then begin to carefully clean this area with a toothbrush as well, once tenderness permits.
- Please do not rinse vigorously on the day of surgery as this may cause bleeding and delay healing.
- The day following your surgery use Corsodyl mouthwashes twice daily (available to purchase at QRDC); in the morning and before you go to bed. Leave an interval of at least 30 minutes between using mouthwash and toothpaste. Use a 10 ml capful of Corsodyl undiluted and hold in your mouth for 60 seconds.
- After each meal, warm salt mouthwashes (a cup of hot water with a teaspoon of salt) are very beneficial for healing in the first week. Ensure that the mouthwash is not so hot that it scalds and do not salt rinse more than 5 times daily. Hold the warm salt mouthwash over the surgical site until it cools.

Diet

- Try to keep food away from the surgical site as long as possible.
- You are advised not to smoke or drink any alcohol until the wound has completely healed, as this **severely** limits healing in the mouth. We will not be responsible for failed bone grafts or osseointegration if you have smoked or consumed alcohol before the wound has completely mended.
- Only liquid, mashed or soft foods like soup, yoghurts or porridge may be consumed during the first six days in order to avoid inadvertent food particles contaminating the wound. If you have some natural teeth and eating is not a problem, soft foods can be eaten but please do not eat over the implant/extraction area; there should not be any pressure around the operation sight. Return to your normal diet when you can chew comfortably.
- Please be mindful that a healthy diet is essential for optimum healing. Avoid sugary foods, white flour products and ensure you are obtaining high quality protein, EFA's and probiotics (or live bio yoghurt) during your healing process. Three Solgar Omega 3 capsules and a protein shake (Whey Protein Isolate) daily is highly recommended during this process. If you require any information about supplementation during healing please feel free to book a consult with our in-house nutritionist, who can recommend locally available supplements to aid the recovery process.

Signature of Dentist:

Name of Patient:

Signature of Patient:

Date:

We want your recovery to be as smooth and pleasant as possible. It is vital to follow these instructions very carefully – if you have any concerns or questions regarding your progress, please do not hesitate to contact us on 01481 721691.

