

## IMPORTANT TO NOTICE

• **SMOKING:** The leading cause of implant failure is tobacco. **Avoid smoking** after the implants were placed. Tobacco slows the healing process and increases the risk of your body rejecting the implants.

The stitches in your mouth are **dissolvable**, and you'll notice they begin to disappear around the 4th week after treatment. If they are uncomfortable or annoying, you may contact us to remove them after at least 1 week, depending on your doctor's opinion.

If you have had a **bone graft** you may notice a few small granules appearing in your mouth (they will look like particles of sand). **This is entirely normal** and is not any cause for concern.



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## POST TREATMENT CARE DENTAL IMPLANTS POSTOPERATIVE CARE



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## POST TREATMENT CARE DENTAL IMPLANTS

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*Now that dental implants have been placed, oral health is your own responsibility, so it's very important for you to follow the next recommendations to ensure success.*

The effects of local anesthetic normally last from 3 to 4 hours; to avoid damage to your tongue, cheeks or lips, we recommend you not to drink hot beverages or eat anything until the numbness has completely perished.

### FIRST 4 WEEKS

Some bleeding following surgery is completely normal. If this persists, apply pressure with a dampened gauze or a clean handkerchief for 30 minutes.

• **ICE PACKS:** Swelling and bruises in the skin are normal, especially the first two days after the treatment. Both will start to reduce after 72 hours. To reduce swelling, a cold ice pack should be applied externally over the dental implant treated area as much as possible for the first three days. Hold on the bruised cheek for a maximum of 10 minutes at a time with a 20-minute break before applying again. Sleeping on 2 or 3 pillows may also help.

• **EATING:** It's very important to avoid any kind of pressure onto dental implants. During the first 4 weeks after your dental procedure, you have to:

- Follow a soft diet.

- Avoid sticky foods, hot drinks and spicy/acid foods.

- Avoid the use of toothpicks.

- Avoid touching the dental implant area with your tongue for at least 2 to 4 weeks after treatment.

- Avoid the use of straws.

• **HYGIENE:** During the first 4 weeks of healing, it's very important to keep the area clean to avoid infections. Gently, rinse your mouth twice a day with non-alcohol mouthwash. Also, brush your teeth smoothly after every meal, without hurting the implant area or your gums.

• **EXERCISE:** During the first 2 weeks of healing, you must avoid any kind of physical activity, because it can cause bleeding around the dental implant.

• **MEDICATION:** Take the antibiotics and pain relieving pills as prescribed by your dentist. Even if there is no swelling or infection, you must follow the prescription rules in order to have a successful healing process.

Take pain killers only when needed, but if pain persists and seems to get worse after the first couple of days, or you have a reaction to medication, please contact Sani Dental Group as soon as possible so one of our dentists can help you with your problem.

• **ALCOHOL:** The intake of alcoholic drinks will affect the healing of the tissues around the dental implants, that's why it must be avoided for the first three weeks after treatment.

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