Manningham MDS Dental Specialists

POST OPERATIVE INSTRUCTIONS FOLLOWING IMPLANT PLACEMENT

1. It is normal to have post operative pain and swelling for 48-72 hours after the procedure. A cold compress should be applied for 10 minutes at a time every 2-3 hours for the remainder of the day.

2. Take Panadeine and/or Nurofen to control pain. These may both be purchased over the counter, without prescription. You may take one or two Panadeine tablets six hourly or one or two Nurofen tablets six hourly. Nurofen must always be taken with food and should not be used if you have a history of a stomach ulcer or duodenal ulcer. One Panadeine tablet plus one Nurofen tablet taken four to six hourly with food is a particularly effective means of controlling post operative pain and swelling. Do not take Aspirin, as this may cause increased bleeding.

3. You should purchase a bottle of Green 0.2% Savacol mouthwash, which you should rinse with twice daily. First brush all of your teeth, except those in the surgical site, with toothpaste in your regular manner. Rinse your mouth thoroughly with cold water to remove all of the toothpaste residue and then rinse for one minute with the mouthwash. Do not rinse with water after using the mouthwash and avoid eating or drinking for 30 minutes after using the mouthwash. The mouthwash can deposit stains from food and tobacco on your teeth and the tongue may become brown after several days of using the mouthwash. You may lose your taste sensation temporarily while using the mouthwash. Staining can be minimized by avoiding tobacco and darkly coloured foods while on the mouthwash. Staining of the tongue and soft tissues will resolve once the mouthwash has been discontinued and staining on the teeth may be polished off by me, your dentist or an oral hygienist.

4. It is common to have some bleeding for 24 hours after a procedure and it is recommended that you should sleep with your head raised on two or three pillows and that you should place a towel over your pillow, in case of bleeding. In the event of uncontrolled bleeding, you may contact me on my mobile telephone 0410 662 498.

5. You are not permitted to engage in strenuous physical activities for 48 hours after the procedure.

6. Do not attempt to chew or bite on the implant for 8 weeks, as this may cause it not to integrate.

Dr Boris Cherkasski