

# Instructions following Surgery

Following implant placement you will be given the following medicines:

Ibuprofen      two tablets three times a day for three days: if needed.

Mouthwash    10mls gently bathed over the implant area for one to two minutes, three times a day for seven days.

Arnica          two pills three times a day for seven days.

The Ibuprofen has two actions, one is anti-pain the other is anti-swelling. We are mainly interested in the anti-swelling action. If you notice swelling then take the tablets, if not then don't.

The mouthwash is an antiseptic which will keep the area clean as it will be a little tender to brush with your toothbrush to start with.

The Arnica will aid wound healing and like all homeopathic medicines it must not be touched with the finger tips. You will be shown how to dispense the pills. Allow them to slowly dissolve in your mouth.

## **What will I experience afterwards?**

The most usual comment I have is that the implant placement is nothing like what they had imagined and that it was no problem at all. The next comment is that the healing phase is very uneventful. There is a part of our mind which always imagines the worst and I am sure that for most people this part of the mind works overtime when it comes to implants and drilling bone etc!

You may experience a slight swelling and a feeling of bruising for a few days, though this is by no means universal. After about a week all feeling should have returned to normal and you should be able to gently brush the area with the Corsodyl gel that you will be given at your one week review appointment.

## **My implant feels loose**

Very occasionally I have a panic 'phone call from somebody who tells me that their implant is loose. The reason for this is that sometimes the cover screw over the top of the implant works slightly loose and can give a wobbly feeling which is disconcerting. The remedy is to come in to the surgery and have it tightened up again. This makes everything feel much more stable and is a very simple and straight forward thing to have done.

## **What about Eating/ Drinking/ Smoking?**

### **Eating**

Try to stay away from the implant area as much as possible especially in the first two weeks. If you have had an immediate temporary crown placed this is even more important.

### **Drinking**

Drinking alcohol is not advised for the first couple of weeks also as we want the body putting all its energy into bonding the implant not detoxifying your bloodstream.

### **Smoking**

The main problem with smoking is that it cuts down the blood supply to your peripheries, that is why the tips of your fingers go white. Anything that cuts down your blood supply will cut down the rate at which the body will repair the bone at the implant site. Not a great idea in view of the investment you have just made. Again the first two weeks are the most critical. If stopping smoking is not possible then cut down as much as you can especially the week before and the two weeks after implant placement.

## **How do I look after my implant?**

You will be shown how to care for your implant, but to re-cap:

### **Toothbrushing**

The area that we are most concerned about is where the gum meets the implant top. This is the weak area for teeth as well as implants. Place the bristles of the brush half on the gum and half on the implant crown - press firmly and rock the brush backwards and forwards. This will ensure that the middle bristles clean the junction. Do this on the cheek side and the inside surface (tongue side / roof of mouth). Ignore any bleeding, if it bleeds every time you brush it for more than a week then give us a ring at the practice.

### **Interdental cleaning**

#### **1. Bottle brushes**

Find the gap between the implant and the next tooth at gum level, insert the bottle brush and rock it backwards and forwards so that the bristles clean the gum in-between the tops. We will have shown you the correct size of brush. If you buy replacements from your local chemist then the brush should fit between without a lot of pressure. Again ignore any bleeding, especially to start with.

## 2. Woodsticks

When the gap is too small for bottle brushes then woodsticks are the cleaner of choice. The woodstick needs to be pushed between the tops in the same area as bottle brushes and then rubbed backwards and forwards to clean the gum in-between. The wood stick is triangular in cross section, the thin flat side is the one that needs to be rubbed against the gum. This technique is far better demonstrated than explained in writing, so this should be a reminder rather than your primary woodstick information! Again ignore any bleeding unless it lasts over a week.

### **Mouthwashes**

I do not recommend the long term use of mouthwashes. There can be specific reasons why they may be useful in the short to medium term, but you should get all the gum health you need from following the techniques that I have outlined above.