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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Caring for your mouth after Dental Implant

- until the local anaesthetic wears off you should not eat or drink very hot or cold food. When it does wear off try to keep food away from the implant and gently rinse your mouth after eating
- do not disturb the surgical area with your tongue or fingers or vigorously 'swill' liquid over it
- avoid undertaking strenuous activity for the first 24 hours
- it is vital that you clean your teeth with your toothbrush as normal on the evening of surgery. Avoid brushing the surgical site for the first few days, but then begin to carefully clean this area as well when tenderness permits
- if you have a denture that covers the surgical area please wear it as advised by your surgeon
- hot salty mouthwashes (a cup of cooled boiled water with a teaspoon of salt) are beneficial for healing in the first week but don't taste very nice!
- don't smoke as this will delay the healing process.

Dealing with after affects

- some swelling is normal. This is usually worse in the mornings after lying flat all night. Sleeping propped up will help reduce the swelling. You may also notice some bruising on the skin. The swelling and bruising will take 7-10 days to resolve
- although you will be uncomfortable for a few days this can usually be managed with simple pain killers. Take these regularly for 2 days at the maximum stated dose (follow the directions on the packet). Take your first dose before the local anaesthetic has worn off
- if you experience increasing pain or swelling after 3-4 days you should contact us
- some bleeding in your spit following surgery is completely normal for a few days. If this persists apply pressure with a dampened gauze or clean handkerchief for 20 mins - do not use tissues
- any stitches are the dissolvable type but often remain for around 2-3 weeks
- if you have been given antibiotics to take after your surgery then please complete the course
- 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.

Oral Surgery

 **01722336262 ext 3255**