



# MOLTONS

DENTAL & AESTHETICS



## DENTAL IMPLANTS AFTERCARE

[WWW.MOLTONS.CO.UK](http://WWW.MOLTONS.CO.UK)



## AFTERCARE

After your implant has been placed, you'll be able to go home as soon as you feel ready. You'll need to rest until the effects of the anaesthetic have worn off, which might take several hours. Most implants are placed under local anaesthetic, but if you have sedation, you won't be able to drive and you'll need someone to come and take you home.

Observing the right aftercare following implant surgery will give your body and mouth the best chance of swift and successful healing. At Moltons Dental, we consider aftercare to be as important as the procedure and support our patients closely with their healing journey following implant surgery.

Below are short and long-term guidelines to help you care for your mouth. If you are at all unsure about these, please give us a call to discuss them with your dentist in more detail.

We will also give you some clear and jargon-free aftercare instructions to take home that are tailored to your procedure and recovery timeline.



## SWELLING AND BRUISING

Swelling and bruising is normal following surgery.

In the vast majority of cases, swelling can be reduced with ice packs (or bags of frozen peas) wrapped in a towel.

Hold against your cheek area for a maximum of 10 minutes at a time with 20 minutes break in between.

## EATING AND DRINKING

Please wait until the anaesthetic has worn off to have anything other than cold drinks (refrain from eating any foods, solid or liquidised).

Avoid hot food and drink for 24 hours after the surgery and try not to dislodge food with your tongue or fingers.

Try to keep food away from the surgical area as long as possible if you can. Rinse your mouth gently following eating to keep the area as clean as possible.

## PAIN MANAGEMENT

Some swelling and bruising are normal following treatment and will generally peak at the 2–3-day mark. Some mild soreness is normal and can be easily managed with over-the-counter pain relief.

If you are experiencing worsening pain after 2–3 days, please contact us so we can investigate this at the practice.

## POST-SURGERY BLEEDING

You will have been given stitches which generally stay in for 2–3 weeks. If they become a significant hindrance before this time, your dentist may be able to remove them prematurely (if clinically appropriate).

Minor bleeding is normal after the surgery. If you experience persistent bleeding, place pressure on the area by biting down on clean paper towel or a handkerchief for 60 minutes.

Apply consistent pressure (do not check or change the gauze). If the bleeding continues after this, please contact us for advice.

If you experience bleeding (or other problems) outside of our opening hours, please contact A&E or 111.

## SMOKING

Please refrain from using smoking, using tobacco products, and vaping. These can significantly compromise the healing process and may result in implant failure.

## FIXED TEMPORARIES

Try not to bite down on hard foods (such as nuts) with your fixed temporaries. If surgery has been carried out only on one side of the mouth, try to eat on the other side of the mouth. Cut harder pieces of food into smaller and more manageable chunks.

It is imperative that you do not place pressure on your temporary bridges or crown through vigorous chewing, as this will compromise them.

## EXERCISING

Engage only in light exercise for the first 48 hours after the surgery (walking only). Avoid running or the gym.

## REMOVABLE TEMPORARIES

If we have provided you with a temporary set of dentures, please try to wear these as little as you can in the first week. This is to reduce trauma at the surgical site in the mouth.

## KEEPING YOUR IMPLANT CLEAN

Good hygiene is paramount to good healing after implant surgery (and indeed any type of oral surgery).

Please use the mouthwash provided by your dentist and use this for a week. We will provide instructions on how to use this.

You can clean your teeth as normal on the same day as your surgery on wards with a toothbrush, trying your best to avoid the surgical site for the first two days. Listen to your body; if it is still tender around the site, clean carefully.

### **Some other general tips include:**

- Please follow the written and verbal instructions provided by your dentist.
- Take your medication as normal.
- If your dentist prescribes you antibiotics after surgery (or other medication) please take the full course.
- Take it easy after the surgery for the rest of the day.
- Attend your follow-up appointments as scheduled. These visits are important for monitoring healing and implant stability. Call us immediately if you experience: excessive bleeding, intense or prolonged pain, swelling that worsens after 3 days, signs of infection (pus, fever), or if the implant feels loose or mobile.

### **Please contact us if:**

- Experiencing numbness at the site of surgery is more than 12 hours after the procedure.
- Pain or swelling around the implant more than 10 days after the operation.
- Bleeding that won't stop after 30 minutes, even after biting down on a damp gauze.
- The implant feels loose.





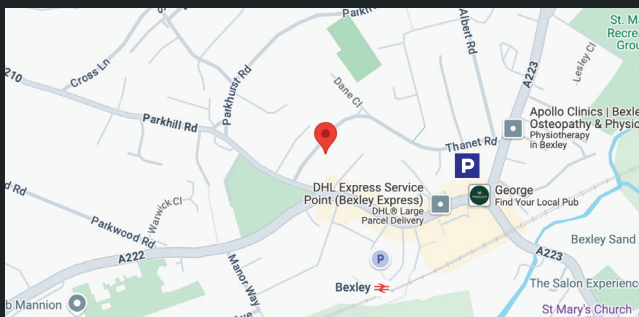
## CONTACTS

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## PARKING AND ACCESSIBILITY

You're welcome to park next to the practice – just note that resident restrictions apply between 10:00 and 11:00 AM only.

Patients are also welcome to park on the drive, subject to availability. There is ample public parking at the end of Thanet Road (DA5 1AP), just a 2-minute walk away, as well as at Bexley Station, which is a 6-minute walk. A bus stop is located 2 minutes away, with services including the 229, 132, and 269 buses.

## OPENING HOURS

Mondays – Friday: 9am to 5.30pm

Saturdays: 9am to 1pm . Sundays: Closed

