

Post op instructions for a dental implant

- You should plan to rest immediately following the procedure and light activities only for the next day. This helps early healing.
 - Some discomfort will be felt afterwards but pain relief will be given to you, and it is recommended to be taken immediately following the procedure and then as prescribed if required.
 - Do not stretch or lift the lip out for the first couple of days as this may irritate the wound.
 - Some slight oozing of the site may occur afterwards. This should stop within 12 hours. If bleeding persists then please phone us immediately.
 - Soft foods should be taken for the first day so as not to disrupt the wound.
 - It is important to keep the area clean. The mouth rinse, provided, should be used twice daily for 7 days.
 - Hot salt water mouth soaks 4-6 times per day are to start the following day as well (mix $\frac{3}{4}$ tsp salt per half a glass of warm water).
 - Avoid hot drinks, alcohol or strenuous exercise for the first 24 hours as this may start bleeding.
 - If you have a partial denture this should not be worn on the day of the procedure.
 - Do not force the denture into place. If there is any pressure, leave the denture out and contact surgery.
- If there are any problems then please contact us immediately.
- During business hours, you can contact the clinic directly at 03 242 0362.
- Outside of business hours, you can contact our emergency line at 027 223 3254.

Do not start mouth rinse until next day.

