

IMPLANTS

Post Treatment Care

Now that dental implants have been placed, oral health is your **own responsibility**, so it's very important for you to follow the next recommendations to ensure **success**.

The effects of local anesthetic normally last from 3 to 4 hours: **avoid damage to your tongue, cheeks or lips**, we recommend you not to drink hot beverages or eat anything until the numbness has completely disappeared

First 4 Weeks

Some **bleeding** following surgery is **completely normal**. If this persists, apply pressure with a dampened gauze or a clean handkerchief for **30 minutes**.



ICE PACKS: Swelling and bruises in the skin are normal, especially the first two days after the treatment. Both will start to reduce **after 72 hours**. To reduce swelling, a **cold ice pack** should be applied externally over the dental implant treated area as much as possible for the first **three days**. Hold on the bruised cheek for a maximum of **10 minutes at a time with a 20-minute break before applying again**. Sleeping on 2 or 3 pillows may also help.



EATING: It's very important to avoid any kind of pressure onto dental implants. During the first **4 weeks** after your dental procedure, you have to:

- Follow a **soft diet**.
- Avoid **sticky foods, hot drinks and spicy/acid foods**.
- Avoid **touching** the dental implant area with **your tongue** for at least **2 to 4 weeks after treatment**
- Avoid the use of **straws**



HYGIENE: During the first **4 weeks of healing**, it's very important to keep the area clean to avoid infections. Gently, **rinse your mouth twice a day with non-alcohol mouthwash**. Also, brush your teeth smoothly after every meal, without hurting the implant area or your gums.



EXERCISE: During the first **2 weeks of healing**, you must **avoid any kind of physical activity**, because it can cause bleeding around the dental implant.



MEDICATION: Take the antibiotics and pain relieving pills as prescribed by your dentist. **Even if there is no swelling or infection**, you must follow the **prescription rules in order** to have a successful healing process.

Take pain killers only when needed, but if pain persists and seems to get worse after the first couple of days, or you have a reaction to medication, please **contact Sani Dental Group as soon as possible** so one of our dentists can help you with your problem.



IMPORTANT TO NOTICE

SMOKING: The leading cause of implant **failure is tobacco**. Avoid smoking after the implants have been placed. **Tobacco slows the healing process and increases the risk of your body rejecting the implants.**



The stitches in your mouth are **dissolvable**, and you'll notice that they'll begin to disappear around the **4th week after treatment**. If they are uncomfortable or annoying, you may contact us to remove them **after at least 1 week**, depending on your doctor's opinion.

If you had a bone graft done 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 of **concern**.