

Patient information

Post-Operative Advice Following Dental Implant Surgery

Liverpool University Dental Hospital

Advice/Guidance:

- Do not be tempted to lift or pull your lips up or out of the way to see the surgical site. This may disturb the stitches causing the area to bleed. If bone grafting was part of your surgery, moving the lips may disrupt the graft.
- Make sure you rest after your surgery and avoid exertion and exercise for the first few days.
- Avoid drinking alcohol after surgery as alcohol can interfere with the healing.
- Avoid alcohol completely when taking antibiotics (if prescribed) and when taking painkillers.
- Alcohol is to be avoided for at least 14 days post-surgery.
- Do not smoke throughout the whole implant placement process as smoking will interfere with healing and causes implant failure. This will have been explained during the consent process.
- Avoid hot drinks such as tea or coffee, especially for the first 24 hours. Tepid drinks thereafter, until surgical site and healing has been assessed at review appointment.
- If medication is prescribed, take it as prescribed until it is finished. If you have a reaction to the medication, stop right away and contact your doctor or the hospital to ask for advice.
- Use over the counter pain killers (analgesics) such as Paracetamol or Ibuprofen to relieve pain after your surgery.

If you have excessive bleeding after your surgery apply a steady pressure to the area using moist gauze for approximately 20 minutes. Remove the gauze and repeat the procedure if the bleeding has not stopped. If bleeding continues please contact the hospital or your dentist.

During the weekends and night time contact out of hours dentist or if very concerned attend Local Emergency Department (A&E) or call an ambulance.

- Ice packs can be applied to the face as well as the sides of the jaw for a period of a day or two to help reduce the swelling. Ice packs should be wrapped in a clean cloth prior to being applied to face to prevent ice burns. i.e a tea towel. Only use ice pack once numbness from injection has worn off
- Avoid brushing the surgery area and use salt water or non- alcoholic mouthwash instead in the first few days. Do not to use mouth rinse vigorously. Gentle bathing of the area is enough. You can resume brushing once the stitches are removed.
- Avoid wearing your dentures after the surgery unless instructed. If you are told to wear you denture, make sure you take it out at night and try to leave it out whenever possible.
- A fairly soft diet should be maintained following surgery while the surgery site is healing and avoid eating hard crusty food.
- Avoid playing with the surgery area with your tongue.
- If you need to blow your nose, do so gently.
- Try to sleep sitting up, propping up with pillows can help and avoid sleep to one side for the first few days.

What should I expect after the surgery?

Some swelling, pain and bruising can be expected after the surgery. This is normal, and can last up to two weeks.

- Healing is generally uneventful and any stitches are removed within a week or two.
- During the first few days you should report any unexpected levels of pain or swelling, so that it can be assessed. If in doubt always ask for advice.
- Blood stained saliva is to be expected for approximately 24 to 48 hours following surgery but, if you experience excessive bleeding from the surgery area you should ask for advice.
- You should contact us if you experience numbness of the chin or lip the following morning after surgery. Numbness of the chin/lip can occur if you are having implants in the lower jaw due to tissue swelling or nerve injury. In most cases this temporary and resolve without any treatment.
- If you experience severe pain or swelling or suspect infection of the surgery area, you should contact us for advice.

Further Appointments

An appointment should be arranged for you one to two weeks after surgery to check healing and for suture removal.

The next stage of the treatment to restore your implant with teeth will normally be arranged a few months after the surgery.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated

Further information

Mondays - Fridays

9:00am to 5.00pm:

Department of Restorative Dentistry

Liverpool University Dental Hospital

Tel: 0151 706 2000, extension 5052.

Text phone number: 18001 0151 706 2000, extension 5052.

NHS 111 Service

Tel: 111

If you experience any urgent postoperative difficulty on a Saturday, Sunday or after 5.00 pm on a week day, please contact the NHS helpline by telephoning 111.

Depending on your situation, the NHS 111 team can connect you to a nurse, emergency dentist or even a GP and can arrange face-to-face appointments if they think you need one.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوهندیدار بهو نهخوشانهی لهلایمن تراستهوه پسهسدن کراون، نهگس داوا بکریت له فورماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیللی موون و نهلیکترونیکی هیه.

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