



How to care for your Implant

Ibbott & Co.

DENTAL CLINIC

Immediate 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 up and wait for the anesthetic to wear off, which might take a few hours.

You should be able to return to your normal routine within a day of treatment. Most people will be able to go back to work, but you should avoid anything too strenuous, such as intense exercise.

You're also likely to experience some light bleeding which should ease over the first day or two. This is completely normal. You can try biting with some gentle pressure with a damp gauze over your implant. If the bleeding doesn't stop, or gets worse, contact your dentist who will be happy to help.

You should...

- 1 Try to only eat soft foods for at least a week following the treatment.
- 2 Keep your mouth as clean as possible.
- 3 Rinse your mouth with recommended mouthwash at least three or four times a day, 24 hours after treatment (your dentist will give you a recommendation).
- 4 Take any antibiotics you've been prescribed.
- 5 Take over-the-counter pain relief, such as paracetamol or ibuprofen, if you need to ease any pain.

You shouldn't...

- 1 Eat hot food and drinks for the first 24 hours.
- 2 Use straws or suck on anything, such as an e-cigarette.
- 3 Do anything too strenuous for a few days after the surgery.
- 4 Touch your implant with your fingers or your tongue.
- 5 Drink alcohol or smoke for at least two weeks, as these can slow down the healing process.
- 6 Wear any dentures that cover the affected area.

Healing Process

WITHIN 72 HOURS

You may experience some swelling or bruising within the first 72 hours. This is perfectly normal and can be minimised by applying a small ice pack to the area periodically. You can use mouthwash your dentist has recommended three to four times a day, which will help with the healing process. If your dentist has given you antibiotics, you must remember to take them.

3 DAYS

After three days, any swelling should have gone down and the area around the implant should be healing. If you've had any stitches they will dissolve away naturally, but any issues please contact us.

3-8 MONTHS

You'll then need to wait for your implant to integrate with your jawbone before you have your permanent tooth or teeth fitted. This is usually 3 months but can be longer, but will vary from person to person. You'll need to attend regular check-ups to make sure your implant is healing well.

Long term care...

- 1 Use a soft toothbrush or electric toothbrush to clean your teeth twice a day for two minutes.
- 2 Use interdental brushes or floss daily. You might recommend super floss to clean around your implant restorations.
- 3 Avoiding smoking. If you currently smoke, your dentist will advise you give up before the procedure.
- 4 Brushing on the inside, outside and on top of your teeth where you chew.
- 5 Attend regular appointments with both the dentist and hygienist.