



CLINIQUE DENTAIRE Baie-des-Chaleurs

Dental Implant

Post-Operative Advices

- • **IT IS IMPORTANT NOT TO SMOKE TO** promote implant healing and avoid complications.
- • Throughout the healing period, avoid touching the implant area (fingers, tongue, objects).
- • Use the mouthwash prescribed for the first 10 days or until the follow-up appointment and take the medication as prescribed by the dentist. Some of the medications that may be prescribed include:
 - o Dexamethasone: It is a medication that helps reduce swelling (edema).
 - o Naproxen: It is a painkiller and an anti-inflammatory.
 - o Chlorhexidine mouthwash: It is an antimicrobial mouthwash. It can stain your teeth or alter your taste, but these conditions are temporary and reversible.
 - o Antibiotic: Depending on your specific needs, a particular antibiotic may be prescribed. It is important to take it for as long as prescribed, if applicable.
- • Do not engage in strenuous physical activity or force yourself for the first 72 hours after surgery. Avoid overwork.
 - o You can go about your light activities and quiet activities such as walking are allowed.
- • Brush your teeth again the day after implant placement only, taking care to avoid the surgical area for the first 2 weeks.
 - o After 14 days, the usual hygiene measures can be repeated regularly (brushing, silk, brushes). A slight bleeding could be perceived at the site operated during the resumption of hygiene care.
 - o If a healing pillar is visible in the mouth, it is important to clean it well after the first 14 days.
- • Limit yourself to a very soft diet for the first 48 hours. Avoid using straws.
 - o Avoid hard food (crusty bread, raw vegetables, chips, etc.) for a minimum of 10 days. Eat nutritious food regularly on the same day of surgery, and on the following days.
 - o Nutritional drinks are also available in pharmacies as supplements for the first few days. Consult your pharmacist for more details.



- • Saliva may be tinged with blood in the first few days after surgery. If it is not bleeding per se, this condition is normal.
 - ○ If more bleeding occurs, contact us.
- • Adopt a semi-sitting sleeping position (use 2 or 3 pillows).
- Within the first 48-72 hours of surgery, swelling may develop. To reduce it, gently apply ice to the face towards the area operated at a rate of 15 minutes each hour. On day 3, applying a hot, moist washcloth at the same frequency can help reduce swelling.
- • Bruising (or bruising) may occur following the placement of an implant. These will change colour and disappear over a period of about 7 days.
- • Do not wear your partial and complete dentures, occlusal plaque and/or orthodontic gutters unless your dentist has indicated that it is appropriate to wear them in your situation. Induced forces on the implant could hinder its integration.
- • Sutures were made at the implant site. Unless otherwise advised by your dentist, these points are not absorbable and must be withdrawn at a follow-up appointment to be held in the near future. It is important not to pull the wires or cut them yourself.
- • A healing pillar may be visible in the mouth.
 - ○ If the latter becomes mobile, it is imperative to communicate with us as soon as possible.
- If he falls, get him back. If he's lost, we'll replace him.
 - ○ For the duration of the implant integration, that is to say for a period of 8 to 12 weeks, it is very important not to bite on the healing pillar.
- If you suspect a complication or have any questions, please contact us immediately.

Have a good recovery!

