



## Implant Placement Information

### What to Expect Before Implant Placement

- If necessary, the dentist will have prescribed a course of antibiotics prior to your implant appointment. Please start the course on the day before treatment, and continue to take until course is completed.
- Pain relief should be taken one hour before treatment (e.g. Ibuprofen 400mg, or Paracetamol 1g, whichever you normally take for pain relief).
- It is important to eat a full meal before your implant appointment.
- Make sure to bring all documentation provided for your implant treatment with you when attending your appointment, as your dentist will go through this information on the day of treatment.

### What to Expect During Implant Placement

- Treatment will usually be carried out under local anaesthetic, and you will be able to drive home afterwards (unless you are sedated).
- The procedure will take approximately an hour and a half.
- The most you will feel is some vibration in the area where the implant is placed.

### What to Expect After Implant Placement

- The area will feel a little tender when the local anaesthetic starts to wear off, about an hour after the treatment is finished.
- Continue with painkillers for at least the rest of the day, but not exceeding recommended dosages.
- Stick to a soft diet for 24 hours following the treatment, and avoid exercise or alcohol.
- Most patients are able to return to work the next day, but if your job involves manual labour or requires a lot of speaking with customers, a minimum of 24 hours rest is recommended.
- There will be some stitches (sutures) placed in the surgical area.
- These do not dissolve, but will be removed after about 10 days.
- Swelling may occur within 24 hours, but bruising may take up to 3 days to develop.
- Arnica tablets available from any pharmacy can help reduce risk of bruising.
- When sleeping, have an extra pillow to keep the head raised to reduce risk of swelling. A cold compress within an hour of the procedure will also reduce swelling.
- A small bit of bleeding from the area is normal, and biting down on a clean handkerchief for 20 minutes should stop further bleeding.
- It is very important that this area is kept very clean during the healing process.
- A warm salty rinse for 2 minutes just before bedtime on the day of surgery is essential.
- Continue to regularly rinse with warm salt water at least 6 times a day for a week after the implant is placed, especially after eating. Continue to brush the rest of your teeth as normal.
- If you are wearing a denture over the implant site, please do not wear this for at least 48 hours after surgery, and leave out as often as possible during the healing period.
- Gentle brushing of the implant site can begin 2 weeks after surgery.