Clear Dental
cosmetic dentistry and invisalign

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AFTERCARE INSTRUCTIONS · DENTAL IMPLANTS

CD-P06

After your Single Dental Implant

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME _____ DATE OF TREATMENT _____

TREATING DENTIST _____ NEXT APPOINTMENT _____

Dear patient,

Your implant has been placed. Careful aftercare over the next two weeks gives it the best chance to bond with the bone.

01 The first 24 hours

- Bite firmly on the gauze for 30 to 60 minutes. If oozing continues, place a fresh folded gauze (or a moist black tea bag) over the site and bite for another 45 minutes.
- Do not rinse, spit, use a straw or drink through a bottle. These dislodge the blood clot that protects the wound.
- Do not smoke or vape for at least 72 hours, and ideally until your review. Smoking is the most common cause of poor healing.
- Avoid alcohol, hot drinks, exercise and heavy lifting today.
- Rest with your head raised on an extra pillow tonight.
- Apply an ice pack wrapped in a cloth to your cheek, 10 minutes on and 5 minutes off, for the rest of the day.

02 Pain relief

- Take any medicines prescribed for you exactly as directed. If you were prescribed antibiotics, finish the full course.
- Unless your dentist has told you otherwise, over-the-counter paracetamol and/or ibuprofen taken as directed on the packet usually control discomfort. Take your first dose before the numbness wears off.
- Do not take ibuprofen or aspirin if you have been told to avoid them (for example, because of asthma, stomach ulcers, kidney problems, blood thinners or pregnancy).

03 Eating and drinking

- Keep to soft, cool or lukewarm food for 2 to 3 days: yoghurt, soup (not hot), eggs, pasta, mashed vegetables, fish.
- Chew on the opposite side. Avoid hard, crunchy, spicy and small seeded foods (nuts, chips, rice, popcorn) for one week.
- Drink plenty of water.

04 Keeping it clean

- Do not brush the surgical area on the day of surgery. Brush the rest of your mouth as normal.
- From the next day, brush gently around the area with a soft brush.
- From 24 hours, rinse gently with warm salt water (half a teaspoon of salt in a glass of warm water) after meals and before bed for one week. Let the water fall out of your mouth rather than spitting forcefully.
- If you were given a chlorhexidine mouthwash, use it as directed.
- Do not touch the area with your fingers or tongue.

05 What is normal

- Slight oozing and pink-tinged saliva for up to 24 hours.
- Swelling and stiffness that peak on day 2 or 3 and then improve.
- Bruising on the cheek or jaw, which can take a week to fade.
- A slight temperature on the first day.

06 Implant-specific care

- Do not chew on the implant site until your dentist says it is safe. If you have a temporary tooth or denture over the area, follow the instructions you were given.
- If a healing cap is visible, keep it clean with a soft brush from day 2. Let us know if it becomes loose.
- Stitches are usually removed or dissolve within 7 to 14 days.

Call us if you have

- Bleeding that does not stop after 45 minutes of firm pressure on gauze
- Pain that gets worse after day 3 instead of better
- Swelling that keeps increasing after day 3, a fever, or a bad taste or pus
- Numbness of the lip, chin or tongue that lasts more than 24 hours
- The implant, healing cap or temporary tooth feels loose

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

→ Follow-up

Attend your review appointment, usually 7 to 14 days after surgery, for stitch removal and a healing check.

Warm regards,
The Clear Dental team

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We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.