



Post Operative Instructions

1. A follow up appointment will be made prior to you leaving the surgery so stitches can be removed. This is usually 2-3 weeks post surgery.
2. Have a light snack once the local anaesthetic wears off and stay hydrated.
3. Soft food is advisable whilst healing is occurring. Do not chew hard food over the implant site - especially avoid nuts, seeds and raw vegetables for the first month.
4. Please use Chlorhexidine mouthwash called Savacol, twice daily for 10 days post surgery.
5. Avoid vigorous exercise for 2-3 days after surgery. Any exertion that would raise the blood pressure will increase discomfort and bleeding from the surgical site.
6. Do not put an electric toothbrush on the implant abutment or in the area - use a soft brush with gentle pressure.
7. Avoid smoking

Healing period

1. If you have any pain, tenderness or swelling or can see a pimple in the area near where the implant was placed during the initial 3 month healing period, please contact our office for a review.

Pain Relief Post Implant Surgery

1. It is normal to have some pain after the local anaesthetic injection wears off. Take the initial dose of pain medication 30 minutes after surgery while you are still numb.
2. For best results we advise alternating Nurofen and Panadol or Panadine Forte every 3 hours. The maximum number of 200mg Nurofen tablets you can take in a 24 hour period is 6. The maximum number of Panadol or Panadeine Forte tablets you can take in a 24 hour period is 8. This is best achieved by setting your phone on a recurring alarm.
3. If the pain is greater than 4/10 take 2 tablets of either pain medication rather than 1 tablet. If, after you have taken the pain medication as advised, your pain persists above 4/10 please contact our office.
4. Swelling and bruising can be expected. An ice pack on the side of the face can be used to help alleviate the swelling. This usually peaks on day 2 and is vastly improved on day 4.
5. If pain or swelling worsens after day 3, please contact the dental surgery. Should you need any assistance or if you have any queries please do not hesitate to contact us during office hours 6628 0783 or after hours on Dr McNamara's mobile 0420 810 123.