

## ADVICE FOLLOWING IMPLANT SURGERY

### Introduction

Following any surgery, there will be inflammation and some degree of pain. This is a normal response of your body and is the start of healing. The advice that follows will help you to reduce your post-operative pain and accelerate your healing process.

#### 1. Analgesics

We will advise and prescribe analgesics if necessary and provide you with post-operative information as to how to take them.

- (a) Ibuprofen 600mg/400mg/200mg – in tablet form - are taken orally and will reduce pain following surgery. Your advice will be to take the circled dosage of the Ibuprofen tablet above for three days if necessary. We suggest, on the first day, two tablets following surgery, one of them being before you go to bed.
- (b) Paracetamol 400mg/200mg – in tablet form - are taken orally and, in some patients, will reduce pain following surgery. Your advice will be to take the circled dosage of the Paracetamol for up to three days if necessary. We suggest, on the first day, two tablets following surgery, one of them being before you go to bed.
- (c) Naproxen 500mg – in tablet form - are taken orally and, in some patients, will reduce pain following surgery. Your advice will be to take the circled dosage of the Naproxen for up to three days if necessary. We suggest, on the first day, two tablets following surgery, one of them being before you go to bed.

### Summary

Analgesic	Ibuprofen	Paracetamol	Naproxen
Dose	600mg	400mg	500mg
Days	3	3	3
Quantity/tablets	_____	_____	_____

#### 2. Mouthwash

To help healing, a mouthwash can be extremely beneficial and we suggest using a natural product salt to make a disinfecting mouthwash. We suggest boiling up water and letting it cool until it is lukewarm and adding approximately a heaped teaspoon per mug of water. If you dissolve the salt in the water, the saline solution will bathe your tissues and help the healing process. Do not force the mouthwash harshly against your wounds or swallow it!

3. Antibiotics

Antibiotics will only be prescribed where there is a risk of infection and, very often, antibiotics are not required for straightforward surgery. In the interests of preserving the effective lifespan of antibiotics in the future, your surgeon will recommend your antibiotics only when clinically necessary. Please take them as directed for the full course. We will normally prescribe the following antibiotics:-

Drug	Amoxicillin	Metronidazole	Tetracycline
Dose	500mg	200mg	250mg
Days	5	5	5
Quantity/tablets	15	15	20

4. Cold Compress

We will provide you with your personal cold compress to use following surgery. These cold packs are at -20 degrees after removing them from the freezer. It is important to let the cold packs warm up a little and to wrap them with a small towel to prevent a freeze burn on your cheek. When the cold pack becomes pliable, you may mould it to your cheek more effectively and then replace the cold pack into the freezer so that you can use it three or four hours later. We recommend using the cold compress for approximately 2-3 days following surgery. We will demonstrate how to apply the compress in surgery following your treatment.

5. Eating

Avoid hard foods as these will tear your sutures. Please restrict yourself to soups, pasta and fish dishes for at least 10 days.

6. Your Treatment Co-ordinator/Dental Nurse

Your dental team has four highly trained and enthusiastic dental nurses who will help you in every way possible with your post-operative care and arrange your future appointments. You have been assigned a designated dental nurse and, if you have any queries, please give the practice a call to discuss your concerns with her. Your dental nurse team is:-

Cara Coyle  
Julie Lyons  
Steph Robertson  
Caity Walker  
Elizabeth Young

7. Follow up

Dr Robertson, Mr Weir or your assigned dental nurse will call you in the evening to check that you are comfortable and progressing as expected.

DATE \_\_\_\_\_

\_\_\_\_\_  
PATIENT SIGNATURE



W D Robertson BDS MFGDP FDS PhD  
I L Adams BDS MFDS MJDF  
D J A Weir BDS MFDS ClinImpDent  
F Montgomery BDS FDS M Orth  
E Papadima DDS M ClinDent M Orth

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TREATMENT CO-ORDINATOR SIGNATURE

