

## **INSTRUCTIONS FOR PATIENTS BEFORE AND AFTER IMPLANTATION**

### **BEFORE IMPLANTATION**

- Eat something light before the surgical procedure.
- Before undergoing a surgical procedure, perform a standard oral cavity hygiene.
- Do not consume alcohol or cigarettes 24 hours before surgery.
- Point out if you have been taking prescribed anticoagulant therapy.
- Observe the doctor's instructions for prescribed antibiotic therapy.
- Do not take Andol, Aspirin and similar medicines on the day of surgical procedure to avoid prolonged bleeding (they slow blood clotting).
- If you have been taking any extra therapy, consult your doctor.

### **AFTER IMPLANTATION**

#### **1. PAIN**

- It is recommended to take the first tablet during anesthesia.
- The patient may take up to 6 Ibuprofen 400 mg tablets daily.
- Moderate pain can last 3-5 days.
- In case of severe pain, please contact us immediately!

#### **2. BLEEDING**

- Avoid rinsing the mouth cavity during the first 24 hours.
- Severe bleeding is not expected immediately after the surgical procedure.
- It is possible to have a light sanies on operated area for the next two days.
- In case of bleeding, try to locate the bleeding spot and gently pressure it with a cotton swab for about 20 minutes.
- If bleeding does not stop, please contact us immediately!

#### **3. SWELLING**

- It is normal that swelling is the biggest the second and the third day, and may last 4 to 5 days. After that period, swelling should withdraw.
- Swelling can be alleviated by placing an ice on the cheek (10 minutes with mandatory 10 minute breaks) above the operated area within the first 24 hours.
- When lying and sleeping, the head should be elevated in order to reduce swelling.
- If swelling does not diminish after 4 days please contact us!

#### **4. NUTRITION**

- Do not drink coffee and do not smoke the first 7 days after surgery (smoking slows wound healing in your mouth and affects bone regeneration).
- Soft food is recommended for the first few days (eggs, soft boiled meat, cooked chicken, tuna, boiled vegetables, milk, yogurts and protein drinks, and similarly).
- Avoid hot and too spicy food and drinks.
- Alcohol consumption is not recommended.
- Advice on increased fluid intake.
- Implants take time between 2 and 5 months to be connected to the bone. It is very important that you do not use them for chewing.

#### **5. HYGIENE AND BEHAVIOR**

- Patients are always advised to perform proper and regular oral cavity hygiene, as it is crucial for good healing and successful operation outcome.
- Rinsing is not recommended during the first 24 hours.
- After this time it is alright to rinse, but according to the instructions. Generally, chlorhexidine (Curasept) or a solution containing hyaluronic acid (Gengigel) is recommended.
- After 24 hours, start rinsing the oral cavity with CHX solution twice a day.
- After each meal, rinse your mouth with lukewarm water, salt water or lukewarm chamomile tea.
- Brush the teeth that did not undergo procedure as usual.
- Clean off plaque of the operated teeth and gums with a cotton stick previously wetted with recommended chlorhexidine (CHX) solution.
- If the implants heal openly, wipe them with cotton sticks wetted with CHX solution, so they are always shiny. After two weeks you can clean the implants with a soft brush. If the area is still painful, use cotton sticks until you are able to use a toothbrush.
- At closed implant healing, keep the gums and stitches clean, first with a cotton stick and then with a soft toothbrush.
- Avoid "tapping" the implants with tongue, because it is a strong muscle and can loosen the implants.
- It is not advisable to do grimaces or puff up the cheeks, otherwise the stitches will brake. Generally, it is necessary to perform maximum oral cavity hygiene, especially if the mucosal healing operation is performed on implants.
- In patients with assembled implants or with bone reconstruction, it is not recommended to wear the prosthesis 4-20 days after the surgical procedure.
- If temporary prostheses is placed over the implant, maximum hygiene of the oral cavity should be a must. If the prosthesis is unsteady and uncomfortable to wear, it is necessary to contact the dentist.

#### **6. Activities**

- Avoid physical activity i.e. hard physical work, sports, sauna and sun exposure 48-72 hours after the surgery.

#### **7. IMPLANTATION IN LOWER JAW**

- **If the sensation in the area of the lower lip / chin does not return within 5-6 hours (numbness), please contact us!**
  - **Also contact us if you keep experiencing severe pain hours after the surgery!**

Kvaliteta | Funkcija | Usluga

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