



dr kevin dann

B.Sc., D.D.S., B.Sc.d (Anaesthesia)  
Specialty Certificate, Dental Anaesthesia

## Instructions Following Implant Surgery

It is essential for the early healing process that the following directions are observed during the first two weeks after the surgery:

1. You should take any antibiotics or anti-inflammatory tablets as prescribed, and continue to take them for the prescribed period of time. You have also been provided an antibacterial chlorhexidine oral rinse (Perio Plus), which you should start to use one week after surgery, for a duration of 7 days. Ice packs should be used immediately after the surgery. To avoid swelling, use a cold pack (ice or a bag of frozen vegetables) on the side of the face for 10 minutes on and 10 minutes off. This is only effective for the first 12 hours.
2. If possible, an elevated headrest (an extra pillow) should be used during the first two nights after the surgery to reduce any swelling. Only liquid, soft and non-spicy food should be consumed during the first seven days in order to avoid trauma caused by food particles in the surgical site(s). Consumption of alcoholic beverages **and especially smoking** should also be avoided during this time period.
3. Avoid exercise for the first five days, as this may induce bleeding. However, it is not unusual to have some slight bleeding for 24 hours following implant surgery. If your mouth continues to bleed, try to locate the area and firmly press with a piece of gauze or bite on a moistened tea bag for 20 minutes. If the site continues to bleed after following the above instructions, please contact us at 416-961-2273.
4. After each meal the mouth should be thoroughly rinsed with a salt water solution- no other mouth rinse should be used for the first week.
5. Dentures may not be worn until refitting adjustments (relining) have been made. This is usually done two weeks after the surgery.
6. If you are in doubt, or there is any sign whatsoever of a disorder related to healing of the implant area, you should not hesitate to call us.

Please call our office at 416-961-2273 if you have any questions. We care about you and want you to be as comfortable as possible!