

**Dental Implants**  
**Post Treatment Care Instructions**

**1) Immediately following surgery**

- Place the gauze pad over the surgical area, bite hard on the gauze and change the gauze every 30 minutes. The direct pressure helps to stop the bleeding.
- Do not spit or rinse for at least 24 hours. Spitting and rinsing can increase bleeding by dislodging the blood clot. Please swallow all saliva and blood.
- The anaesthesia will normally last for about 2 - 3 hours, numbness will be felt around the affected area. Soft diet is advisable and avoid hot food and drinks after the anaesthesia wears off. There are dangers of lips / tongue biting if you eat when you are still feeling numb. No smoking under any circumstances.
- Take the prescribed pain medications as soon as you begin to feel discomfort. This usually coincide with the anaesthetic becoming diminished.
- Please complete the whole course of antibiotics dose. Discontinue in the event of rash or any sign of allergy. Call us if you have any questions.

**2) What to Expect**

- **Pain.** Usually the pain will last for about 3 - 5 days. Discomfort may last for about 1 - 2 weeks. The pain or discomfort should subside more and more every day.
- **Bleeding.** Certain amount of bleeding is to be expected. Slight bleeding, oozing in the saliva is common. This will last for about 48 hours. If there is excessive bleeding, please bite hard on the gauze pad for 30 mins. Call us for further instructions.
- **Swelling and trismus** (stiffness of jaw muscles). Swelling is normally expected and can last for about 3 - 5 days. Maximum swelling takes place after 2 - 3 days post operation. Swelling will affect mouth opening and range of movement of the jaw. Once the swelling subsides, trismus will resolve in time.

**3) Recovering**

- Sutures are placed over the surgery area to minimize post operation bleeding and helps healing. Removal of suture is required after 1 week. Sometimes the suture become dislodged, you can discard the suture.