



SOUTHERNIMPLANTS®

Innovative Treatment Solutions



Patient information:
After surgery care

Looking after your
implants





What to expect after implant surgery

Congratulations!

Choosing to get implants is a good investment in your future health and well-being.

This guide should give you an overview of what to expect after the surgery, and how to look after your implants.



Will it be painful?

You may experience some sensitivity and soreness for a couple of days after surgery, but this is normally easily managed with analgesics that you would normally take for aches and pains (ibuprofen and/or paracetamol). Ask your surgeon if there is any medical contraindication for either drug. Start taking these as soon as you feel the anaesthetic starting to wear off, and continue taking for the first couple of days after surgery. If intense pain persists that cannot be relieved by prescribed medication, contact your surgeon.



Bleeding

If you experience a little bleeding, that is to be expected and is normal. However, if you are bleeding excessively (your mouth filling with blood), try biting on a gauze pad for 30 minutes. If the bleeding continues, contact your dentist immediately. In rare occurrences, implants placed in your upper jaw may lead to nosebleeds. Should this persist, contact your dentist.

Stitches

The stitches are usually removed at the post surgical check-up after 7-10 days.

Swelling and bruising

If you experience some swelling after surgery, place an ice pack on the cheek closest to the surgical site. Place the ice pack on the affected area for ten minutes, allowing for a twenty minute break before repeating. Bruising occasionally develops near the surgical site and should disappear within several days following the surgery (sleeping with your head propped up assists with drainage and may decrease bruising and swelling).



Diet

- Drink plenty of fluids.
- Don't consume hot food or drink until the anaesthetic wears off.
- A soft diet may be recommended by your dentist.
- You can return to your normal diet as soon as you feel up to it, unless your dentist recommends otherwise.
- Avoid alcohol for a week after surgery.

Antibiotics

You may be prescribed antibiotics by your dentist. If you are, take them as directed and ensure you complete the entire course.



Oral Hygiene

In the days immediately following your surgery, keep the following in mind:

- your dentist may recommend rinsing your mouth gently with a saline or medicated solution. Rinse it gently around your mouth, for as long as your dentist recommends.
- brush your teeth as usual, but avoid the surgical site for a couple of days. Be gentle when you start brushing around the site. Don't use a water jet or electrical toothbrush

immediately after surgery.

- don't floss near the surgical site for at least a week. Try not to chew on the side of the surgical site to keep food away from the healing site.
- if you are a smoker, don't smoke until the wound is healed. Smoking can impact on the healing process and is one of the greatest risks for implant-related complications.

Exercise

Keep physical exertion down to a minimum in the first week after your surgery, as physical activity can cause pain and throbbing.

Dentures

If you wear dentures, your dentist will explain when you will be able to wear them again. It is important to follow your dentist's advice as unnecessary pressure on the surgical site at the wrong time can affect the success of your implant.

Follow up

Your dentist will schedule follow up appointments. It is very important that you attend these.

Longer term oral hygiene and care

Careful attention to your oral hygiene every day is important for the survival of your implant.

It is very important to ensure that the gums surrounding the implant remains healthy, with no plaque accumulating around the implant site and the surrounding teeth.

Hygiene protocol

It is recommended to brush at least twice a day; after breakfast and before going to bed at night.

Effective tooth brushing and flossing is important to maximise plaque removal. Your dentist will show you effective techniques to remove plaque utilising a combination of brushing techniques, special inter-dental brushes, dental floss, oral irrigators and mouthwashes.

Tools available for good home care

- Electric/manual toothbrush
- Super-floss, X-floss light, Floss threaders
- Inter-dental brush
- Single tufted brush
- Oral irrigator
- Gauze strips

Ask your dentist which of these products would be best for your personalised oral care.



Importance of good oral hygiene

Inadequate oral hygiene can lead to the loss of implants. Poor oral hygiene can result in an increase in bacteria levels which could result in inflammation of the gums (also known as gingivitis). If left untreated, the bacteria can move to the site of the implant, leading to peri-implantitis, ultimately causing the loss of the implant.



DENTAL IMPLANT ID CARD

The Dental Implant ID card is used to keep important information of your dental implant treatment.

Patient details

Name: _____
Patient #: _____

Surgical treatment details

Date of first surgical procedure: _____
Surgeon: _____
City/state: _____ Postal code: _____
Country: _____ Phone: _____
E-mail: _____

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About Us

Southern Implants has been expanding proven concepts in the implant dentistry field since 1987. Our wide product range includes some of the most unique, innovative products in the world.

Our manufacturing facilities are situated in South Africa. In a survey of over 1300 dental implant systems worldwide, Southern Implants was placed in the select group of only 4 to be correctly substantiated by controlled clinical research.

We are driven by a passion to rehabilitate those patients in need of quality and cost effective prosthetic rehabilitation.

We continue to follow our value and mission statement in all aspects of our work:

- Guided by Quality
- Focused on Innovation
- Devoted to Efficient Treatment Protocols



For more information, please contact your
Southern Implants Representative or visit
southernimplants.com

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