LUSSO DENTAL

# Dental Implants

## Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

DENTAL IMPLANTS

# Your care guide

A dental implant is a small titanium or zirconia post placed in the jawbone to replace the root of a missing tooth. Once it has healed, it supports a crown, a bridge or a denture.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

## Before your appointment

- Tell us about any changes to your health or medicines, especially blood thinners, bisphosphonates or other bone medicines, and diabetes.
- Do not stop any blood thinner unless your doctor or our team has agreed this with you.
- If you smoke or vape, stopping at least two weeks before and for as long as possible after surgery improves healing.
- Have a light meal before your appointment unless you are having IV sedation, in which case follow your sedation instructions.
- Stock up on paracetamol or ibuprofen (if they are suitable for you) and soft foods.
- Arrange to take things easy for the rest of the day. If you are having sedation, bring an escort.
- Brush and floss well the night before and the morning of your appointment.

### On the day

- We will check your medical history and consent and answer any final questions.
- We will numb the area well. You may feel pressure and vibration but should not feel sharp pain.
- We will give you written aftercare instructions and an emergency contact number before you leave.
- Expect some numbness for a few hours. Take care not to bite your lip or cheek.

RECOVERY TIMELINE

# After your treatment

| WHEN | WHAT TO EXPECT AND DO |
|---|---|
| **First 24 hours** | Some oozing, swelling and tenderness is normal. Bite on gauze if it bleeds, use cold compresses, rest with your head raised and take pain relief as advised. |
| **Days 2 to 3** | Swelling and bruising usually peak and then settle. Start warm salt water rinses gently after meals. Eat soft food on the other side. |
| **First week** | Clean the rest of your mouth normally and the implant area gently with a soft brush. Stitches may dissolve or be removed at a review. |
| **Weeks 2 to 12** | The implant is bonding with the bone. Avoid chewing hard food on the area and wear any temporary tooth as instructed. |
| **Final tooth fitted** | Clean around the crown every day with a brush and interdental brushes or floss as shown. |
| **Long term** | Attend reviews and hygiene visits so we can check the gum, bone and parts and catch any problem early. |

### Please do

- Take pain relief as advised, following the pack instructions.
- Rinse gently with warm salt water after meals from the day after surgery.
- Keep the rest of your mouth very clean.
- Eat soft, cool foods for the first few days.
- Keep all your review and hygiene appointments.

### Please avoid

- Do not smoke or vape, ideally for as long as possible.
- Do not rinse vigorously or spit hard for the first 24 hours.
- Do not drink alcohol for at least 24 hours.
- Do not do strenuous exercise for two to three days.
- Do not chew hard or sticky food on the implant while it heals.

WARNING SIGNS

# When to contact us

- Contact us if bleeding does not stop after 30 minutes of firm pressure on gauze.
- Contact us if pain or swelling is getting worse after day three, or you notice a bad taste or discharge.
- Contact us if numbness of your lip, chin or tongue lasts beyond the day of surgery.
- Contact us if the implant, healing cap or temporary tooth feels loose.
- Call 999 or go to A&E if you have difficulty breathing or swallowing, or swelling spreading to your eye or neck. Out of hours, call NHS 111 for advice.

**Need us?** Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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SCAN TO REGISTER


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