



## Your new tooth replacement needs conscientious dental care

### Care and check-ups

After you have received your permanent restoration, your new teeth will be just as stable as your natural ones. You can include them fully in your daily oral hygiene routine. Ideally, brush your teeth after every main meal, particularly after breakfast and at night.

Use a soft toothbrush, which you should replace regularly. If you use an electronic toothbrush, you can continue to do so.

Clean all of each tooth when you brush your teeth. Clean the front and back as well as the chewing surface. Cleaning the spaces between the teeth is also important. Use aids recommended to you by your dentist, such as interdental brushes. Give yourself sufficient time to clean them thoroughly.

Professional cleaning is important, too. Your dental team will suggest a suitable recall schedule for you based upon the complexity of your dental restoration and your overall oral health. They will also demonstrate appropriate cleaning techniques so that you can become familiar with the tools and procedures that are required for implant care. In general, you should care for your dental implant in the same manner as you would for your natural teeth.

**Meticulous and consistent oral hygiene helps to ensure that your dental implant will provide years of comfort, satisfaction, and service.**

Space for comments:

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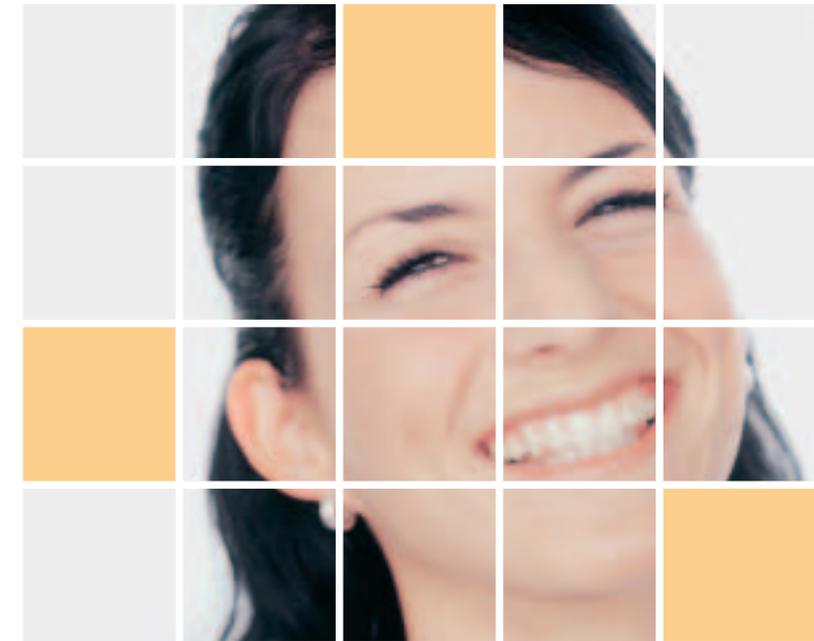


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PATIENT  
INFORMATION

## A new quality of life with dental implants

What you should do after surgery

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## Things you should know about your new dental implant

### Aftercare following surgery

You have just received an implant or decided in favour of such a therapy, a state-of-the-art tooth replacement treatment option that requires proper care and maintenance. This leaflet contains important information that should be followed after dental implants have been surgically placed.

### Surgery and healing period

The implant is inserted in the jaw bone under local anaesthetic. The surgical incision is then closed with fine sutures, which will be removed after 7–10 days.

### Temporary restoration

During the healing period, the implant will be fitted with either a healing cap or a temporary restoration (i.e., a crown, bridge or denture) depending upon your individual situation. Call your doctor if your temporary restoration becomes loose.



A NEW QUALITY OF LIFE WITH DENTAL IMPLANTS

## Possible side effects after surgery

Implantation is a routine procedure and complications are very rare. Nonetheless, you may experience some discomfort and other side effects in the period after surgery. Should you experience any side effects, it is important to react appropriately.

### Bleeding or pain after surgery

#### Bleeding

In case of bleeding, bite on a folded pad of gauze for one hour. Do not replace the pad during this time. Keep your head elevated and apply external cooling to your cheek. If you continue to experience bleeding, call your doctor.

#### Swelling

You can reduce possible swelling by applying an ice pack to your face on the surgical area. Intermittent application is most effective (e.g., 20 minutes on and 20 minutes off). Keep your head elevated above chest level during the first two days and nights after the surgery. Sitting is better than lying down.

#### Medication

If your dentist prescribed painkillers and/or antibiotics for you, keep to the specified dosage.

### When should you call your doctor?

- If you have persistent complaints, swelling or throbbing pain several days after surgery.
- If bleeding recurs.
- If you still feel numb 12 hours after surgery.
- If you have any symptoms or questions not covered in your post-operative instructions.

#### Important:

**Follow your doctor's instructions for follow-up visits.**

## Dos and don'ts after surgery

### Driving

In the first few hours after surgery, your ability to drive may be impaired depending on the type of anaesthesia and pain medication you are given. Ask your dentist how you may be affected.

### Head up

Keep your head elevated throughout the day. Sitting is better than lying down. At night, position your head higher than the rest of your body. While sleeping, avoid resting your head on the side where the surgery took place.

### Eating and drinking

Drinking is possible even soon after surgery. Avoid hot drinks. Do not eat before the anaesthetic has fully worn off.

### Irritants

Irritants can cause complications. Therefore, it is advisable to avoid alcohol, nicotine, coffee, black tea, and fresh milk products for the first three days after surgery. Do not smoke.

### Exercise

Avoid vigorous exercise for the first three days after surgery.

### Dental care

Do not use a toothbrush in the surgical area for ten days, or until instructed by your doctor.

Do not rinse within 8 hours after surgery as this may cause bleeding.

Begin rinsing the day after surgery, three times per day (e.g., after breakfast and lunch, before going to bed) with the prescribed rinsing solution.