

Information for Dental Implant Surgery Aftercare

1. The tampons placed in the implanted area should be bitten for an hour in such a way that they do not loosen. If the bleeding has stopped at the end of an hour, it can be discarded. If the bleeding continues, a fresh clean tampon has to be bitten for another half hour. If the bleeding is still continuing, tampon application should be continued until the bleeding stops. If bleeding lasts longer, consult your doctor.

2. After implant treatment, it is normal to have swelling in the area where surgical intervention is performed. The slot opened for implant treatment in the jawbone causes a slight trauma in the gum for implant area. The dentist considers the swelling in this area to be normal, and waits. It is necessary to apply ice compresses to the implant area intermittently. The patient holds the ice packs outside of the mouth to the implant site. Apply for 3-5 minutes and rest for 8-10 minutes. It is not recommended to keep ice for a long time, it may cause burns on the skin. At the end of the first 72 hours, edema, or swelling, gradually decreases.

Care should be taken not to put pressure on the implant while eating until the implant fuses with the jawbone.

If the pain persists, abscess occurs or if the lips are numb, consult your doctor immediately.

3. After the implant treatment, it will be necessary to pay attention to nutrition for a few months. Do not eat or drink for the first 2 hours. Stay long from very hot and very cold foods in the first 48-72 hours. Do not take a shower with very hot water. You should consume soft and room temperature foods. Avoid acidic fruit juices, alcoholic beverages and spicy foods.

During this period of fusion of the titanium implant to the jaw bone, it is necessary to consume soft foods that are not hot or cold, so that the stability of the implant is not damaged. Soft foods such as yoghurt, cheese, soups, fruit juices, soft cooked eggs, soft meat, milk, ice cream, pudding and bread at room temperature can be consumed. Vitamin and mineral needs as nutritional foods are restricted; freshly squeezed fruit juices can be obtained from fruits such as kiwi, apple, strawberry, grapefruit, and orange.

4. The gingiva opened by surgical intervention is sutured and closed after the treatment. It is very important that the stitches do not get hurt during the period of waiting until the gingiva heals. Until the stitches are removed by the dentist (about 1 week), it will be quite correct to stay away from hard foods or not to exhibit a behavior that may put pressure on this area. Soft or liquid foods should be consumed during this period.

5. Oral care is very important in the first 48 hours after implant treatment. It is necessary to avoid movements that will cause pressure in the mouth. You should not rinse your mouth or gargle for 1 day after the implant surgery. You need to expel the saliva accumulated in the mouth as much as possible. The negative pressure that occurs in spitting by sucking is quite harmful. Again, blowing that will cause pressure in the mouth should be avoided.

In the first days, there are points to be careful about brushing and using dental floss during mouth cleaning. It should be applied with slow movements as possible. Apart from that, moistened cotton on the implant areas and normal brushing procedures can be applied to the non-operated areas. You should brush the teeth in the operation area without touching the stitches and gums. Approximately two days after surgery, you should gargle after brushing your teeth twice a day in the morning and evening with the mouthwash recommended by your dentist.

6. Pain may be felt for the first few days after surgical intervention. This is normally expected. After the surgery, painkillers and antibiotics given by the dentist should be taken regularly on time and on the day. Even if the pain is gone, pain medications should continue to be used until the planned day. Because painkillers can be used for a while due to their swelling-reducing properties besides their pain relief feature. If a mouthwash is given by the physician, it should be applied as and at the time. At first, mouthwash can be harmful.

During implant treatment, which is a surgical intervention, the gum that is cut open during the implant treatment is stitched and closed after the application. The wound that occurs here heals in a very short time. In addition, blood thinners should not be used for the first 2 days. The use of blood-thinning aspirin instead of the painkiller given by the dentist is not recommended.

7. Smoking and alcohol consumption after implant treatment negatively affect the healing processes. Following the operation, smoking should be suspended until recovery. Smoking irritates the wound area, reduces blood supply and can delay healing and lead to other risks. For patients who smoke excessively, closing the stitches in the wound area becomes very difficult.

Note: Smoking patients should definitely stay away from smoking 15 days before and 1 month after implant treatment.

How should the post-implant care be?

- The interdental brush is a cleaning tool that should be used by every implant treated patient.
- Bottom of bridge stems can best be cleaned with dental floss.
- The gaps between the implant and the surrounding tooth should be cleaned using an interdental brush.
- For removable prostheses stabilized with implants, the implant should be cleaned with normal toothbrushes and dental floss.