

# Dental implant aftercare

After your implant has been placed, you'll need to rest until the effects of the anaesthetic have worn off, which might take several hours.

You should be able to return to your normal routine within a day of treatment. Most people will be able to go back to work, but you should avoid anything too strenuous, such as intense exercise.

You're also likely to experience some light bleeding which should ease over the first day or two. This is completely normal. You can try biting with some gentle pressure with a damp gauze over your implant. If the bleeding doesn't stop, or gets worse, contact the clinic and we will be happy to help.

- Try to only eat soft foods for at least a week following the treatment with other side that implant has been placed
- Keep your mouth as clean as possible
- Rinse your mouth with chlorhexidine mouthwash at least three or four times a day, 2for 2 weeks after treatment (your dentist will give you a recommendation) and keep the mouthwash each time for 1-2 minutes.
- If you have had a sinus lift procedure or had implants in your upper back teeth, please avoid blowing your nose for approximately two weeks after surgery. Please avoid flying, swimming for two weeks after surgery and please try to sneeze through your mouth, not your nose.
- As with any surgery, the possibility of infection exists. If you experience increasing pain and swelling, please contact us.
- 
- Take paracetamol with ibuprofen every 6 hours if you need to ease any pain
- Don't Eat hot food and drinks for the first 24 hours
- Don't Use straws or suck on anything, such as an e-cigarette
- Don't Touch your implant with your fingers or your tongue
- Don't Drink alcohol or smoke for at least two weeks, as these can slow down the healing process
- Don't Wear any dentures that cover the affected area for 2 weeks.