



## INSTRUCTIONS FOLLOWING YOUR IMPLANT SURGERY

### FOR THE PERIOD THAT YOUR SUTURES ARE IN PLACE

1. **DO NOT SMOKE** and avoid *passive* smoking
2. **YOU MUST REST** for at least a day, and avoid excessive exercise for 3-4 days. NSAID's (like diclofenac or piroxicam) can cause kidney problems when taken with vigorous exercise
3. **TAKE ALL YOUR MEDICATIONS**, follow the pharmacist's instructions carefully, and commence your anti-pain medications **before** your local anaesthetic wears off
4. **ABSTAIN FROM ALCOHOL** for at least a day
5. **SOAK** (but **DO NOT RINSE**) **YOUR MOUTH AFTER 24 HOURS** with your prescribed mouth washes and salts. "Coffee hot" water (~38-40 degrees Celsius) mixed with a spoonful of anaesthetic-laced-salt and allowed to "soak" over the surgical area can be very soothing. Only use this method **at least 24 hours after** the procedure. **Vigorous rinsing can lead to loss of blood clot or loss of sutures**, this in turn can lead to *dry socket* or wound breakdown. If you have been advised to use nasal douche, commence this *after* 48 hours from your time of surgery. Soak three times a day.

### DO NOT RINSE

6. **DO NOT EAT MILK PRODUCTS** until your sutures are removed. Milk, custard, soy and yoghurt can leave a film in your mouth that is difficult to clean without rinsing. Vigorous rinsing may lead to wound opening, loss of sutures and/or loss of clot. Long standing food residue can lead to wound infection
7. **EAT SEMI SOLID OR LIQUID FOOD**. Beef broth, minestrone, noodle soups and blended fruits are ideal, or you may purchase Enlive (Abbott) or Resource (Novatis) from the pharmacy. These have high nutrition, are low in residue and are easy to swallow without chewing. Two Berocca a day can maintain trace element and vitamin levels.

### DO NOT CHEW

### ... IN THE EVENT OF BLEEDING

1. REMEMBER **A LITTLE BIT OF BLOOD IN A LOT OF SALIVA CAN SEEM LIKE YOU MAY BE EXCESSIVELY, AND FALSELY BLEEDING**
2. **MOST BLEEDING WILL STOP WITH LIGHT BITING** on a soaking material such as rolled gauze, muslin square, or clean handkerchief over the site of the extraction socket, or surgical wound. Be careful in placing your soaking material so as not to open a fresh wound
3. **BE PATIENT, QUIET, AND CALM**. Do not let the advice or experiences of others lead you to an irrational action or panic. Lie down in a quiet room and wait for 30 minutes to reassess whether bleeding has ceased. If bleeding continues, attempt sucking on an **ice cube** placed directly over the area of bleeding, and then repeat firm biting on a soaking material. Nasal bleeding is controlled with **DRIXINE** nasal spray (you may also use this as 2 drops on affected site)
4. **IT IS IMPORTANT NOT TO SPIT OR EXPECTORATE** as this often stimulates more bleeding. Try to swallow your saliva after you are sure that you are biting correctly on the rolled soaking material you have placed over the socket.

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**OCEAN**  
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## ... IN THE CASE OF PAIN OR DISCOMFORT

1. Take two Panadol or aspirin or follow the dosage instructions of the prescribed medication given to you
2. With the use of paracetamol (Panamax, Panadol, Herron etc) take two tablets (1gm for adults, or 15mg/kg of body weight in children) every 4 to 6 hours

**DO NOT HESITATE TO CALL THE PRACTICE FOR ADVICE OR REVIEW IF REQUIRED**

## IMPLANTS

### GENERAL INFORMATION IN REGARD TO CARE OF ORAL WOUNDS

Generally your implants have to **osseointegrate** with your jaw bone. You must give every opportunity for them to integrate in a **stress and infection free** environment.

Osseointegration can take some time, but the following rules generally apply...

- |                                           |            |
|-------------------------------------------|------------|
| 1. Implants in the front of the upper jaw | 4 months   |
| 2. Implants in the back of the upper jaw  | 6-8 months |
| 3. Implants placed in the lower jaw       | 4 months   |
| 4. Implants requiring co-bone grafts      | 6-8 months |
| 5. Implants placed into dense bone        | 3 months   |
| 6. Implants placed into spongy bone       | 4-8 months |

**You cannot rush osseointegration.** There is nothing you can do to speed it up other than to follow your instructions scrupulously.

There are three periods of implant loading...

#### 1. Your initial period of mucosal healing

- a. This is where the mucosa wounds are closed immediately after surgery
- b. Fresh mucosal wounds cannot tolerate any pressure or infection
- c. This is the period where your mouth soaks are most important
- d. This period is from 2-6 weeks

#### 2. The period of osseointegration

- a. The mucosa overlying the integrating implants, or over the healing abutment, may need to be covered by a protecting denture for the period of osseointegration
- b. You do not need your mouth soaks during this period

#### 3. The period of "stressing" your implant

- a. This is over 1-2 months and is best achieved with the healing abutment not being protected with an overlying denture
- b. Because your mucosa is also healing during this stage (to accommodate and surround your future crown), mouth soaks are very important to maintain cleanliness and health.

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## CARING FOR YOUR SUTURES

Clean sutures are black.

If white plaque is forming on your sutures, you are not soaking enough in your chlorhexidine mouth soak.

Do not dilute the chlorhexidine.

If you are finding it hard to soak your wound, dip a large cotton ball into the chlorhexidine and hold it over the suture area for 1-2 minutes.

Rinsing will pull your wounds apart. **DO NOT RINSE.** Soak only three times a day.

## TYPES OF FOOD THAT CAN BE EATEN

1. During the initial period of healing, and until your surgeon says differently, **“IF IT DOESN'T COME UP A STRAW YOU CANNOT HAVE IT.”**
2. After your mucosal wounds have healed (when determined by the surgeon), **“YOU CANNOT CHEW OVER THE AREA OF THE IMPLANT.”**
3. You may only start chewing on the implant when the surgeon has determined that osseointegration has occurred with an x-ray, and when he has given permission to the dentist to place a crown on the implant.

## WHEN CAN YOU WEAR YOUR DENTURE?

1. Temporary dentures are for aesthetics and appearance only
2. Do not chew with your temporary denture
3. You must take out your temporary denture when chewing
4. Normally you must take out your temporary denture when chewing for the first three months, or when directed by your surgeon

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