



## Following a *dental implant placement*

It is possible that the site gets infected after this type of intervention.

To minimize the risk of complications, we invite you to follow these guidelines:

- ✚ Do not consume hot foods or drinks during the first 24 hours after surgery. Choose *cold to warm meals or drinks*.
- ✚ Avoid acidic foods such as tomatoes, vinegar, lemon, etc for 3 to 4 days. Try to *eat mashed or easy to eat foods*.
- ✚ Do not rinse your mouth the day of the surgery. If you have a bad taste in your mouth, *drink water or let it drain into the sink without spitting*.
- ✚ It is not advised to smoke the first few days after the procedure. *Temporarily stop or at least reduce smoking*.
- ✚ *Avoid intense physical exercise for 2 or 3 days*.
- ✚ If you notice new bleeding at home, *bite on a clean compress or a piece of tissue for 30 minutes*. If bleeding persists, *call the dental practice*.
- ✚ You can start *rinsing with the mouthwash* (if it has been prescribed) *tomorrow*, not before. Rinse your mouth without applying too much pressure on the operated site.
- ✚ *Apply the "Plakout" gel* (if given) *3-4 times* a day on the operated area using a Q-tip or your (clean) finger *for one week*.
- ✚ *Apply the ice pack* (if it has been given to you) on the operated area during *the first 3 hours*, while *putting it in the fridge regularly*. After 3 hours, it is no longer necessary to apply it.
- ✚ *Maintain hygiene* (brushing) in the area, the cleaning must be efficient but done gently (take your time).



These tips are primarily aimed at stabilizing the bleeding and the blood clot formed in the extraction site, an essential step for healing.

It is normal to feel pain for 2-3 days after the procedure. They are due to the healing process. After 4-5 days, this should decrease.

*Contact the dental practice if the pain does not decrease or increases.* It is possible that additional cleaning of the wound is necessary.

When an antibiotic has been prescribed, it is extremely important to use it accurately or you will develop a resistance. *Respect the prescribed duration and dose.*

We remind you that smoking increases the risk of rejection of an implant, even long after it has been placed. We encourage you *to stop smoking the first few days following the procedure.* Take this opportunity to *stop permanently!*

You should also know that a decrease in smoking reduces the risk of rejection in the long term. *So, reduce your smoking* if you could not stop completely at the moment.