

Care of the mouth after dental implant surgery under local anaesthetic

The aim of this information sheet is to answer some of the questions you may have about returning to your everyday activities after your dental implant surgery. If you have any further questions or concerns, please speak to the dentist or dental nurse caring for you.

When can I leave hospital?

If you have had the procedure under local anaesthesia without sedation, you will be able to leave as soon as the procedure has been completed. If you have had sedation you will need to stay a little longer until you make a good recovery.

After leaving hospital

You should be able to eat normally after surgery but a soft diet may be advised by your surgeon. You should avoid alcohol for 24 hours. Implant patients are strongly advised to quit smoking before starting treatment and to remain a non-smoker in the long-term. This will significantly reduce the risk of some implant complications.

For help giving up smoking, please speak to your nurse, or call the Trust stop smoking service on **020 7188 0995**, or call the NHS Smoking Helpline on **0800 169 0 169**.

Looking after your mouth

It is not advisable to brush the area where your implant was inserted for the first week after the implant surgery, therefore a mouthwash containing chlorhexidine (for example, Corsodyl) is recommended to keep the area free of plaque. The mouthwash should be held in the mouth for one minute and this should be repeated twice daily. Please read and follow the instructions on the label.

Will I be in pain?

The level of discomfort is variable and generally only requires painkillers, such as paracetamol or ibuprofen, which are available from your local pharmacy. It is better to take these before the local anaesthesia wears off, at the interval prescribed on the packet, for the first 24 hours.

It is possible that some facial swelling and bruising may occur. In order to minimize this apply ice packs to the area for 10 minutes per hour, for the first six hours. A simple ice pack can be made by wrapping a small bag of frozen vegetables in a clean cloth.

When can I return to normal activities?

You should be able to return to work within a day of your treatment. Occasionally you may not be able to wear your dentures for up to two weeks after surgery (the doctor or nurse treating you will let you know if this is the case).

Will I have a follow-up appointment?

The stitches are removed after approximately seven to fourteen days and the healing reviewed by the dentist. Some gentle cleaning maybe carried out. This appointment will either be given to you before you leave hospital or sent to you in the post.

What should I do if I have a problem at home?

If any bleeding is experienced, roll up a clean handkerchief, press it over the wound and hold it there by closing your jaws firmly together for at least half an hour. If the bleeding does not stop you will need to attend your local accident and emergency (A&E) department.

Contact us

If you have any problems please contact the **dental implant department** on **020 7188 1816**, 9am and 5pm Monday to Friday, or email the department at **dentalimplants@gstt.nhs.uk**

For emergencies outside normal working hours contact your local accident and emergency (A&E) department.

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) e: pals@gstt.nhs.uk

t: 020 7188 3514 (complaints) e: complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch:

t: 020 7188 8815 e: languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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