

Implant surgery & Bone transplant

Pre-operative directions

1. You must refrain from taking ASPIRIN 10 days prior to the intervention.
2. You must refrain from consuming alcohol 24 hours prior to and after surgery.
3. Inform us of any change in your medical history or intake.
4. It is advisable to eat before the intervention.
5. If you must take a sedative in order to undergo the surgery, please make arrangements for someone to accompany you the day of the intervention.

Post-operative directions

1. Bite on gauze for 30 minutes after surgery to keep the bleeding under control.
2. Take your medication as prescribed by your dentist.
3. Keep tongue, fingers and toothbrush away from the surgical area.
4. **AVOID ALL SUCTION** for 24 hours: no spitting or drinking with a straw.
5. **NO SMOKING** on the day of the surgery and for the following 24 hours, at least.
6. Use Peridex mouthwash as prescribed.
7. Light bleeding can occur on the first day. If bleeding is more substantial, fold a gauze in order to make a solid pad to bite on. A teabag can also be used: the tannic acid in tea helps to clot blood.
8. Apply a bag of ices cubes wrapped in a damp cloth for 20 minutes every hour, for 48 hours.
9. Keep your diet to soft and tempered foods.
10. Restrain from vigorous physical activity for 48 hours after the surgery.
11. Swelling can occur, along with bruising. No further treatment is necessary.
12. Sutures, although resorbable, will be removed in 2 weeks.
13. If you have undergone a bone transplant, do not be alarmed if small particles crumble. This could be normal.
14. If you have undergone a sinus lift, do not blow your nose for two weeks. The first 48 hours are the most critical.
15. If you have undergone a sinus lift, light bleeding can be expected in the first few days. No treatment is necessary.
16. Avoid eating on the implant's abutment.