

## Implant Post Treatment Care

Important healing tips after dental implant treatment



- Swelling may be minimized by the immediate use of a cold pack wrapped in a towel, applied firmly to the cheek
- Be very careful not to bite your tongue or the inside of your cheek until the local anaesthetic has worn off
- On the next day you should begin rinsing your mouth with Hydrogen Peroxide 3%, to keep the area clean
- Brush teeth carefully with a soft brush – food residues should be removed
- Avoid hot beverages and hot food
- Swelling may increase in the first 3 days, this is quite normal and will subside naturally
- Analgesics inhibit inflammation and have a decongestant effect and therefore should be taken for the first 3 postoperative days
- After 6 – 10 days any remaining stitches may be removed
- There may always occur tensional pain during the postoperative healing process – probably caused by the insertion of the implant resulting in the compression of the bone