



POST-OP CARE GUIDE

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A Straumann Group Brand

A man with a beard and short dark hair is sitting on a white boat. He is wearing a light blue polo shirt and dark shorts. He is smiling and looking towards the camera. He is holding a dark purple travel mug in his right hand. The boat is on a body of water, and there are trees and a cloudy sky in the background. A blue rope is visible in the foreground, attached to the boat's rigging.

**POST-OP
CARE GUIDE.**

My implant is in, now what?

The human body needs time to recover after any surgical procedure. For everything to run smoothly, it is important that you follow the recovery instructions.

That is why we are going to help you understand what you must do in this very important phase. Always consult your dental professional and seek their support throughout all of the phases of your treatment.

REMEMBER!

Everyone is different and recovery varies from person to person.

Immediate care.



MOUTH AND LIPS

- Apply ice packs to your face around the operated area following your dental professional instructions (use a fine cloth so the ice does not come in direct contact with the skin)
- Keep your lips moist with lip balm.
- Try not to spit, rinse the mouth or drink through a straw during the period indicated by your dental professional.



PAIN

- Remember to take your medication at the right times, as prescribed by your dentist, as it will help to alleviate possible discomfort. If there is excessive blood, consult your dental professional for guidance.



REST

- Avoid physical exertion.
- Do not drive.
- Avoid talking too much. Instead, talk sparingly and quietly.

General care.



SURROUNDINGS

- Avoid hot and stuffy conditions. Avoid exposure to the sun, damp or rain.



FOOD

- Avoid drinking or eating until the effects of the anesthetic have worn off, avoid warm foods or drinks, such as coffee or tea, especially during the first 24 hours after surgery.
- Do not smoke or ingest alcohol.
- Chew on the opposite side to your surgery.
- Try to drink or eat soft foods, cold or iced foods (fruit juices, sorbets, yogurts, cold soups and broths), especially during the first 24 hours after surgery.
- Do not allow food to build up on your stitches (use cotton swabs dipped in antiseptic to clean these areas).
- Drink plenty of water, hydration is very important.
- Return to your normal eating habits gradually from the third day after surgery.
- Avoid taking any medication on an empty stomach.

General care.



BED TIME

- Try to sleep with the head raised compared with the body (use more than one pillow).
- Lie face up or on the opposite side to where you had the surgery.
- Do not touch your stitches with your fingers or any other object (clip, stick, etc.).



ORAL HYGIENE

- Brush your teeth without or with very little toothpaste, except the operated area(s), where a post-op tooth brush should be used (without touching the gums).
- Brush your tongue and use a tongue cleaner.
- Use dental floss as normal, except for the operated area.
- Apply the antiseptic solution in accordance with your dental professional's instructions.





I am still swollen, is that a problem?

If your swelling continues more than 6 days after surgery, consult your dental professional.

Remember that care during the first 24 hours after surgery is crucial to a good recovery.

Additional instructions.

- If the muscles in your mouth hurt, massage them.
- If, after 7 days, you still feel pain and difficulty opening your mouth, contact your dental professional.
- Always contact your dental professional if you have any questions.

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"The dentist should inform the patient of the proposed treatment, and any reasonable alternatives, in a manner that allows the patient to become involved in treatment decisions". (American Dental Association – Principles of Ethics and Code of Professional Conduct – 1.A.)

"Dentists should not induce their patients to purchase products or undergo procedures by misrepresenting the product's value, the necessity of the procedure or the dentist's professional expertise in recommending the product or procedure". (American Dental Association – Principles of Ethics and Code of Professional Conduct – 5.D.2.)

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