



Stages of Routine Dental Implant Surgery

Patients are assessed for the suitability of dental implants and this involves clinical examination followed by the appropriate x-rays and/or CT scans.

A significant amount of dental and surgical planning is done prior to the placing of a dental implant. Impression of the teeth and jaws are taken and together with the X-rays and scans special surgical stents are made to guide the accurate positioning of the dental implants so as to get the best outcomes.

During the planning stage it is determined whether there is sufficient bone in the jaw to allow for dental implant placement.

Implant placement is usually followed by a period of healing lasting from 3 to 6 months. Often the implants are completely hidden beneath the gums, however one-stage procedures where the implant is visible from the time of placement are also occasionally used in selected cases. Stitches are normally removed 7 to 10 days after the implant placement.

Several visits may be needed over the next few weeks to adjust temporary teeth or dentures and to monitor healing.

Once the implants have healed for the required time, they are uncovered if necessary and made ready to connect the teeth. Sometimes the time allowed for implants to integrate may be increased or decreased to suit the local bone conditions and the overall quality of healing.

In some cases the first teeth fitted to your implants are not the final ones, but temporary restorations of the intended design. This stage can be used to assess the implants, control early loading and in areas where aesthetics are more critical, also gives the gums time to mature around each implant before final teeth are fitted.

Final teeth are commonly fitted between 6 and 9 months after the implants were first placed. The way that the teeth fit together is carefully adjusted so that they do not interfere with each other.

Regular examination and hygiene appointments are then all that is required to maintain the health of the mouth, teeth and implants.

Risks and complications of Dental Implant Surgery

Like any surgery, dental implant surgery poses some health risks. Problems are rare, though, and when they do occur they're usually minor and easily treated. Risks include:

Infection at the implant site

Injury or damage to surrounding structures, such as other teeth or blood vessels

Nerve damage, which can cause pain, numbness or tingling in your natural teeth, gums, lips or chin

Sinus problems, when dental implants placed in the upper jaw protrude into one of your sinus cavities

Failure of the dental implants to integrate with the bone with loss of the dental implant

Post operative instructions after Dental Implant Surgery

We would like to thank you for choosing us to perform your surgical procedure. We have provided some basic post-operative instructions to make your recovery as comfortable as possible. If you have any questions or concerns, please contact our office and a member of our team will answer your concerns.

General Instructions

Do not wear your complete or partial dentures until your surgeon gives you permission to do so. Avoid the use of denture adhesive until you are advised to do so by your surgeon.

If a temporary tooth was placed on your implant today, it is critical that you do not bite on this tooth until your surgeon allows.

It is absolutely essential that all follow-up appointments be kept. Routine follow-up appointments allow us to identify potential problems that could complicate your recovery.

Pain

Some degree of discomfort and pain arises as the numbness subsides. We recommend that you start taking analgesics (pain killers) before the local anaesthetic wears off. Your surgeon will discuss analgesia with you before your discharge.

Do not wait for the pain to become unbearable before using some form of pain medication, as then it will be more difficult to control. Moderate to severe pain usually does not last longer than 24-72 hours, sometimes peaking on the 3rd postoperative day. Relief should begin on the 4th post-operative day.

Bleeding

Expect minor bleeding or Oozing from the operative site. This bleeding may continue throughout the first day. Keep firm pressure on the surgical site by biting on a gauze sponge for 30 minutes at a time until bleeding subsides. Once the oozing has slowed down, try to avoid placing gauze or any other irritant near the surgical site as this will only lead to further bleeding and discomfort. Biting on a moist gauze may help control persistent oozing.

If active bleeding should recur at any time, carefully rinse your mouth with cold water and apply a fresh gauze sponge to the bleeding site. Firm pressure for 15-30 minutes usually controls the problem. Should active bleeding persist, please call the office and a member of our team will return your call promptly.

The Surgical Site

The first stages of healing are aided by allowing tissues to rest. Avoid vigorous chewing, excessive spitting, or rinsing for the first 24 hours as initial healing may be delayed, active bleeding restarted, or infection introduced.

Try to avoid smoking completely, as it tends to slow the healing process and may also contribute to infection & prolonged discomfort.

Do not worry about the stitches if they start to come out. The sutures usually dissolve in 7-10 days and typically do not require removal.

Swelling

Swelling usually develops during the first 12-24 hours following surgery, often peaking on the 3rd post-operative day. Swelling can be minimized by placing an ice pack on the affected side at 30 minute intervals during the first 48 hours after surgery.

Any swelling, soreness, or stiffness in the jaw muscles can be relieved by applying a warm moist towel to the affected side of the face several times a day. Moist heat should be used after the first 48 hours.

Activity

Limit activity during the first 24-48 hours after surgery. Excessive exertion may lead to postoperative bleeding and discomfort. When you lie down, keep your head elevated at least 45 degrees on a pillow.

Do not drive an automobile for 24 hours following surgery if you have had general anesthesia or if you are taking prescription pain medication.

Diet

Fluid intake is VERY important. You can advance to soft foods and other fluids as tolerated. Please avoid hot liquids until the numbness has worn off, and the bleeding has stopped.

Food selection is largely a matter of your choice. Soft, cool foods that require little or no chewing are most easily tolerated.

Oral Hygiene

Start cleaning your mouth 24 hours after surgery by using warm salt water rinses (1/4 teaspoon table salt with a small cup of water). Repeat 3 times daily for one week. Brush your teeth starting on the first postoperative day being careful not to irritate the surgical site. Your surgeon will recommend an appropriate anti-bacterial mouthwash.

Your Medications

Take any regularly scheduled medication on your regular schedule unless advised to do otherwise. Patients taking blood-will be advised according before discharge.

Please ring a member of the team on 07774571074 if you have any concerns