

POST-OPERATIVE INSTRUCTIONS FOLLOWING ORAL SURGERY



PAIN

The pain might not be present immediately after the surgery due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly and care should be taken to avoid biting the lip or tongue during this time. Pain tends to be worse on the 2nd or 3rd day but gradually improves over a period of 7-10 days. Simple painkillers such as Paracetamol, Ibuprofen should control the pain, please avoid aspirin as it interrupts blood clotting.



SWELLING

This is common after surgery has been carried out in the jaw. The swelling carries it's maximum 2-3 days after surgery. It should resolve 7-10 days after surgery. Bruising of the face occasionally occurs and can take up to 2 weeks to resolve. Ice pack can be used every 2 minutes (2 min on and 2 min off), please do not leave it for too long as it could burn your skin.



BLEEDING

This should be minimal by the time you leave the clinic. Blood stained saliva is to be expected for 24-48 hours after the operation.

- Do not rinse the mouth for the first day. This may disturb the blood clot and cause bleeding. If persistent bleeding occurs, roll up a piece of gauze and place it over the wound and bite firmly over a period of at least 15 minutes.
- 24 hours after the surgery, use a warm salt-water mouth bath. The water should be as warm as possible and a tsp of salt added (preferably Himalayan salt) Take a mouthful and hold it still for a couple of minutes before spitting out. Repeat 4 times daily. This will help healing.
- Keep your teeth clean with ultra-soft toothbrush. A tooth brush can be softened under a hot tap. Please do not use electric toothbrush in the region of a newly placed implant for at least 3 months.
- Interdental toothbrushes can be used carefully in the second week. Please avoid flossing.
- Your mouth opening will be restricted for about a week. Eating semi- solid food should be possible. Avoid chewing hard food, especially things like nuts for at least 6 weeks. Use your own discretion and gradually start eating normally according to your own pace.
- If you have stitches (sutures) in your mouth, these should dissolve and drop out after a period of 2-4 weeks.
- Antibiotics after the operation may be required in some cases. If necessary, antibiotics and painkillers will be prescribed or advice given.
- Time off work will depend on your profession and the amount of surgery. The average time off work should be between 3-5 days, but there is a great deal of variation between. You could do low-intensity exercise, avoid sauna.

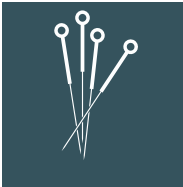
ALTERNATIVE OPTIONS TO SUPPORT HEALING

AVAILABLE AT THE CLINIC



- Red light therapy- It increases blood flow, encourages antioxidant activity and lowers inflammatory markers in the body (2). Studies have confirmed that red light therapy can improve a variety of chronic pain symptoms and conditions, such as joint pain, back pain, neck pain and fibromyalgia.
- Additional intravenous infusion
- THOR LASER - Laser light stimulates the building blocks of collagen, which is important in the wound healing of damaged tissues. Collagen is the essential protein required to replace old tissue or to repair injuries. As a result, the laser is effective on open wounds and burns

ALTERNATIVES



- Homeopathic remedies like Arnica or Traumeel
- Acupuncture
- Cranial osteopath
- Ice packs

FOLLOW UP APPOINTMENTS

- Review and stitches removal : In two weeks time after the surgery. Duration of 15minutes.
- 6 weeks review: Mandatory appointment to check the implant stability. Please make sure you contact the clinic to book your appointment.

If you have any further questions, please do not hesitate to contact the clinic.

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