

RECOMMENDATIONS AFTER IMPLANTATION

- I recommend applying a cold compress to your cheek (externally, on the skin) in the area where the procedure was performed. The compress should be applied immediately after the procedure and then every 2-3 hours, for 30 minutes each time. The cold compress should only be used in the first 24 hours after the procedure.
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- Please do not touch the implant site(s) with your fingers or tongue.
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- For the first 3 hours after the procedure, please do not eat. Furthermore, avoid hot and hard foods for at least 1 day.
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- For the first 3 hours after the procedure, please do not drink coffee, tea, or other hot beverages. Cool mineral water is an exception.
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- For at least the first 3 hours after the procedure (preferably for at least 1 day), please do not smoke cigarettes or other tobacco products, as this interferes with the proper healing of post-operative wounds. If necessary, please take painkillers such as Paracetamol, APAP, Ibuprofen, Nurofen, Panadol, or other over-the-counter pain relievers.
- In exceptional circumstances, I will prescribe stronger prescription painkillers, as well as antibiotics, which should be taken strictly as directed.
- If you experience any alarming symptoms, such as:
- severe pain that does not subside with painkillers,
- bleeding from the wound that persists for more than 24 hours,
- or other alarming symptoms,
- please contact the reception desk.

Please return to the scheduled appointment for removal of the stitches placed during the procedure.

RECOMMENDATIONS AFTER SURGERY

- Keep the tampon bitten for 30 minutes. If bleeding persists, change the tampon and bite it again for another half hour (sterile tampons are available at any pharmacy).
- To reduce pain and the likelihood of swelling, apply cold compresses.
- Due to limited perception, do not eat while the anesthetic is in effect.
- During the first 24 hours after the procedure, avoid drinking alcohol, hot beverages, and smoking cigarettes, as these can impair the proper healing of the extraction wound.
- Maintain good oral hygiene, limiting contact with the area around the extraction wound to avoid flushing out the clot, which acts as a natural dressing and guarantees good healing.
- Once the anesthetic wears off, you can take painkillers if necessary.
- If bleeding persists or if you experience any disturbing symptoms after a few days, such as pain, unpleasant odor from the socket, or a bitter aftertaste, please contact the office immediately. After surgical tooth extraction, the likelihood of swelling (cheek swelling) and difficulty opening the mouth is greater. These symptoms may worsen for up to 48 hours after the procedure, but should subside thereafter. To prevent this, your doctor may recommend preventative measures.
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- A follow-up appointment is scheduled by your doctor.
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Please return after 7 days to have your stitches removed if dissolvable stitches were not used.