

Aftercare instructions for implants

Phone: 020-3086055 (during opening hours)
Available on: Weekdays from 08h00 till 16h30
Saturday from 10h00 till 14h00
Emergency number: 020-3086755 outside opening hours & weekends



Kaakchirurgie
Zuidas

Immediately after the treatment

Swelling

After placing implants, swelling may occur. This is normal. You can reduce swelling by cooling well with a cold pack or an ice cube wrapped in a washcloth. Cool alternately: 15 minutes cooling, 15 minutes break. Do this during the first 12 hours after the treatment. Sometimes bruising may also appear; this will disappear on its own but can remain visible for 2–3 weeks.

Pain

When the anesthesia wears off (after 2–4 hours), you may experience pain. You can use pain relief such as paracetamol. Always read the information leaflet.

Medication

If necessary, you will receive a prescription for:

- Painkillers: start taking these before the anesthesia has completely worn off.
- Disinfecting mouth rinse (Perio-Aid 0.12%): use according to instructions.
- Antibiotics: only if necessary; this will be discussed with you.

You can collect the medication at the pharmacy. You do not need to bring it with you to the clinic.

Mouth rinse

- Rinse 2–3 times a day for 7 days.
- Do not rinse with water afterward.
- Do not eat or drink for 30 minutes after rinsing.

Eating and drinking

During the first hours after the procedure, use lukewarm food and drinks (not hot or cold).

First 2 months (healing phase)

Oral hygiene

- Once the stitches are removed, you may brush normally over the implant.
- Do not use an electric toothbrush on the implant during the first 6 weeks.
- Brush carefully with a soft toothbrush as long as stitches are present.
- You may continue brushing the rest of your teeth normally.

Smoking and alcohol

Do not smoke and drink little to no alcohol during the first 2 weeks. This promotes healing.

Diet

Eat soft foods during the first 2 months and avoid hard products such as baguettes, apples and nuts. You may continue to eat normal portions.

Wound and stitches

The wound is sutured. Non-resorbable stitches will be removed during a follow-up appointment.

Follow-up appointments

During the healing phase, you will usually return twice:

- after 2–3 weeks for a check-up and possible removal of stitches
- after 8–10 weeks for a check-up and an X-ray

Healing cap

Usually, a healing cap is placed. If it becomes loose, you can carefully tighten it yourself or have it fixed by the oral surgeon. Do not wait too long. If the healing cap comes off completely, do not panic. Keep the wound area clean; the gum grows over the implant quickly. However, do contact the clinic.

After the healing phase (after approximately 3 months)

Crown or bridge

After 3 months, the dentist can start placing the crown or bridge. You need to make this appointment yourself.

Oral hygiene

Good oral hygiene is essential to prevent inflammation and bone loss.

Brush after every meal and before going to bed and use interdental brushes and specialized dental floss.

Inflammation

Bleeding gums often indicate inflammation. Continue brushing carefully and thoroughly and contact your dentist.

Check-up

After placement of the crown or bridge, there is usually one more check-up. After that, further follow-up will take place with the dentist or oral surgeon.