

# Patient information: Implant and bone augmentation



## Runny nose and sneezing

Please do not blow your nose until the suture removal (7-10 days), but dab the nasal secretions gently with a clean handkerchief. Blowing your nose would put too much pressure on the wound and could, for example, lead to bleeding or unwanted displacement of the bone augmentation. For the same reason you should try to avoid sneezing or keep the mouth open while sneezing to reduce the pressure on the wound.

## Cleaning the teeth

Please, avoid touching the wound with the toothbrush during your daily dental hygiene until the suture removal. You should not rinse your mouth during the first 24 hours as this could affect the blood clotting and delay healing. After this time, rinsing is very helpful in order to keep the mouth and the surgical wound clean. For this, use the antiseptic mouthwash that we gave you and rinse carefully and gently the site of the bone augmentation or the implants have been done.

## Swelling

Postoperative swellings are normal and should not worry you. Externally applied cooling minimizes swelling or bruising. Apply cooling for a maximum of 15 minutes and then take a break for another 15 minutes. Never apply the ice directly to the skin, but cover the ice in a plastic bag and wrap it in a clean handkerchief.

## Bleeding

As a rule, only a small amount of bleeding occurs after the operation. Furthermore, after a day or two the wound may become wet. If additionally, implants have been placed in the upper jaw, there is a possibility of nosebleeds in the first few days after the surgery. Cooling the corresponding cheek can help to stop bleeding.

## Nicotine and alcohol ...

can affect the wound healing and lead to complications. Please, avoid these at least until the suture removal.

## Antibiotics and painkillers

Slight pain is possible after the procedure. Please don't take any medicines that contain ASS (acetylsalicylic acid) as, for example, aspirin. Since the anticoagulants have an effect, they can lead to subsequent bleeding or increase the existent one. The doctor will give you antibiotics (Amoxicillin) and painkillers (Ponstan). Please take it as prescribed. In contrast to the painkillers it is important that you take the antibiotic medication until the end of the package.

## Eating and drinking after the anaesthesia

Please wait with eating until the anaesthesia subsides so that you won't hurt yourself. Otherwise, you could bite your tongue or cheek without feeling it. You can drink straight away. However, make sure that the drink or liquid flows over the cheek side that is not affected. In the first 10 days do not drink milk, coffee and do not eat anything spicy. As soon as after 10 days the wound has healed sufficiently, you can eat as usual. But in the future avoid hard food as it can open the wound and negatively affect healing.

## Sports, gardening, sunbathing and sauna

... should wait 4 weeks. Physical efforts and heat, as well as vibrations could lead to subsequent bleeding.

## What to do in case of an emergency?

The bone augmentation and the implantation are well-tried dental procedures that rarely have complications. Yet, as with all surgical procedures, these cannot be excluded completely.

Please let us know if you are uncertain or have other questions regarding your healing process or behaviours. We are always here for you.

We wish you a speedy recovery!