

Patient information  
on the aftercare  
of dental implants

Optimal care for your  
implant-borne teeth



More than a restoration.

A new quality of life.

**Congratulations to your new teeth.** Straumann implants are an excellent option and investment for your teeth. Care of your implant is important for its long-term success after the surgical procedure. And as with natural teeth, implants require the same regular check-ups and conscientious oral hygiene. Once you follow these guidelines, the functionality of your implants can be maintained for decades.

**Aftercare topics are:**

- What to know and do in the time immediately after surgery
- What should be avoided
- When to contact your dentist
- How you take care of your new teeth for long-time success

# Measures during the healing phase

## WHAT TO KNOW AND DO AFTER SURGERY

### **Swelling: cool it down with appropriate tools**

Cool the external treatment area as soon as possible after the operation to help prevent pain and swelling.

### **Pain: take your medications**

If the dentist treating you has prescribed medicine, start taking it as directed right away.

### **Oral rinses: be careful**

In the first few hours after the operation, you should not use an oral rinse as it may cause bleeding. However, you may sip water after the procedure.

### **Your temporary restoration: take care of it**

While the implant is healing in your mouth, it may have a “healing cap” or a temporary tooth replacement. A healing cap is placed on the implant to allow for your mouth to heal. Avoid chewing anything hard on the side where the implant was placed. This will help the implant to heal safely in preparation for the next step of your treatment.

## WHAT SHOULD YOU AVOID?

- Sitting is better than lying down. Keep your head up during the day and also at night.
- Do not lie on the side where the implant was placed.
- Do not drive in the first few hours after the operation. Your ability to drive might be impaired by the anesthetic or medications. Ask your dentist.

- Do not use a toothbrush in the implanted area of the mouth until the stitches are removed. Your dentist will recommend using an oral rinse several times a day instead of brushing your teeth.
- Do not eat until the anesthetic has worn off.
- In the first few days after the procedure: no alcohol, nicotine, coffee, black tea, sport or physical exertion.

## WHEN SHOULD YOU CONTACT YOUR DENTIST?

Complications are rare after placement of a dental implant, and the stitches are usually removed about seven to ten days after the implant placement. Straumann solutions have been thoroughly researched and scientifically tested, however, there may be possible side effects. It is very important to contact your dentist immediately if you do feel any of these symptoms or side effects:

- You feel a throbbing pain on the day of the operation.
- You have a numb feeling at the implant placement 12 hours after the operation.
- You feel pain or swelling at implant placement several days after the operation.
- Bleeding continues.
- You lose your temporary tooth.
- You have symptoms or questions not mentioned in this documentation.

## Take care of your new teeth

### **If your teeth are important to you, you look after them.**

The same applies to your dental implants. They can last a long time only with careful oral care. Just like with your natural teeth, dental tartar can build and cause problems for your implant. Use a soft toothbrush (change regularly) or an electric toothbrush for cleaning your teeth. In addition, you should also use any aids recommended by your dentists such as interdental brushes for cleaning the space between the teeth. Teeth are brushed on the inside, outside, and on top where you chew.

### **A cooperation between you and your dentist**

Both dentist and patient contribute to the long-term success of a dental implant. Regular check-ups and preventive visits to the dentist are necessary. An individual oral care plan will be given to you by your dentist. You should ask about cleaning techniques so that you will become familiar with how the dentist wants you to care for your teeth. Careful care and check-ups (twice a year) will help your dental implant to remain firmly in place for years.



## WORLDWIDE LEADER, WORLDWIDE TRUST

No matter where life takes you, care for you and your Straumann dental implant is nearby.

Visit [www.straumann.com/patients](http://www.straumann.com/patients) to find out more about products and solutions by Straumann and ask your dentist.

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