**For procedures involving implants, bone grafting, tooth removal, tissue grafting or tooth exposure:**

After the procedure:

In the first 24 hours, rest to avoid elevating your blood pressure which can  prolong oozing from the wound.

Avoid eating on the implant or area of bone graft, chewing in the area or  touching it with your fingers. Do not pull your lip back to check the healing of the tissues. The procedure performed is delicate and so are the tissues when they start to heal. Any trauma or tension will disrupt the healing process and affect your outcome.

Do not wear your bridge or denture if it feels like it is pressing on the wound. Call the practice on 9387 3855 to make an appointment to adjust the bridge or denture.

Brush the wound only with the special soft toothbrush provided. Do not use a hard toothbrush for the wound. It is ok to use a normal toothbrush or electric toothbrush around other teeth that have not been involved.

To keep the area free from infection, use saltwater rinses for 1 minute 3 times a day until your review appointment.

To control pain, take 1 x Mobilis the night of surgery and for 3 x nights after. Take 2 Panadol every 6 hours for the next 3 days.

Refrain from smoking and alcohol consumption for 3 to 7 days.

**If you have had a sinus graft:**

Avoid playing wind instruments, scuba diving, and flying for the first 7 to 10 days. Attend the check-up appointment! It is very important that we review the wound and how it is healing, and remove any stitches if required. This will be made 14 to 21 days after the procedure.

Call **0429 085 824** outside business hours for any advice.