



IMPLANTS MAINTENANCE TIPS

**What matters to you, it also matters to us.
What you care, we care.**

IMPLANTS MAINTENANCE TIPS



These are just some indications for **basic care** of your dental implants.

Please note that you are under **professional care**.

Follow all your dentist's care instructions as they are essential for your **treatment success**.

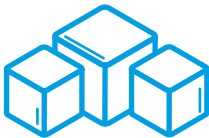




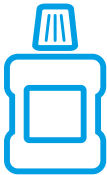
Exactly as your own teeth, a **specific hygiene** should be applied. In order to avoid possible future complications you must attend the **follow-up appointments** recommended by your dentist.

In order to reduce swelling it is recommended to **apply ice** on the cheek near to the area where implants have been placed. Apply it for 10-15 minutes, then make some minutes' break and repeat the applications as many times as possible.

Wrap the ice into a cloth in order to avoid its direct contact with the skin.

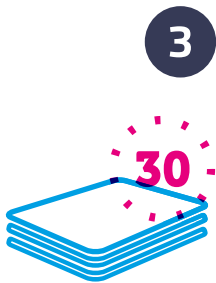


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Do not rinse vigorously
neither spit during the first
24 postoperative hours in
order to allow for a **correct**
healing.

Bite firmly the gauze that has been applied on the wound during 30 minutes in order to cut bleeding. In the case there is still some bleeding after removing the gauze, repeat the procedure.
In case of heavy bleeding, contact with the dental clinic.



4



Do not alarm if some **swelling or bruising** appear some hours after the surgery. They are **normal consequences**.

5

Do **not**
practice
intense
physical
exercise

within the
first week
after the
surgery



6



The first day after surgery, in order to reduce swelling and bleeding it is recommended to sleep with the head at an upper level from the rest of the body.

Try to keep your head always held high.

A **soft diet** is highly recommended during the first seven days.

Avoid hot meals or beverages during the same day after the surgery.



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Do not smoke or
consume alcoholic,
carbonated or very
sugary drinks
**during the first
seven days.**

Follow carefully the instructions and **drug prescriptions**

(antibiotics, anti-inflammatories and/or analgesics) indicated by your dentist







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