

Patient information on  
dental implant aftercare

Care for your  
**dental implants**

 **straumann**<sup>®</sup>

# More than new teeth.

## A new quality of life.

**Congratulations on your new smile!** Straumann implants are designed to last a lifetime, and proper care is essential to help ensure the longevity of your implant. Just like natural teeth, implants require consistent dental check-ups and diligent oral hygiene. By following some basic guidelines, the function and appearance of your new implant can be maintained for decades.

**This pamphlet provides guidelines for the aftercare of your implant:**

- Post-surgical steps and tips
- Post-surgical preventative measures
- When to contact your dentist
- Long-term home and office dental care for your new teeth



# Measures during the healing phase

## AFTER SURGERY

### **Swelling:**

Cool the external treatment area with ice or cool packs as soon as possible after the operation to help prevent pain and swelling.

### **Pain:**

Start taking any pain medication as prescribed.

### **Oral rinses:**

Do not use oral rinses in the first few hours after the operation, as this may cause bleeding. However, you may sip water after the procedure.

### **Your temporary restoration:**

Your dentist may place a “healing cap” or a temporary tooth replacement. A healing cap is placed on the implant to allow 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.

### **Body Position:**

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.

### **Driving:**

Do not drive in the first few hours after the operation. Your ability to drive might be impaired by anesthetic or medication.

### **Oral Care:**

Do not use a toothbrush in the implant area of the mouth until the stitches are removed. Your dentist and hygienist may recommend using an oral rinse instead of brushing your teeth.

### **Food:**

Do not eat until the anesthetic has worn off. Avoid hot drinks and spicy, acidic, crunchy, or hard food for the first day.

### **Rest:**

Avoid alcohol, nicotine, coffee, black tea, and sports or physical exertion for the first few days after procedure.

## WHEN TO CONTACT YOUR DENTAL TEAM

Complications are rare after dental implant placement. Patients often report minimal pain or downtime, and stitches are usually removed about seven to ten days after the procedure.

Straumann dental implants are thoroughly researched and scientifically backed devices; however, there may be possible side effects. It is very important to contact your dentist immediately if you do experience certain symptoms or side effects, such as:

- Excessive pain on the day of the operation
- Numbness at the implant site 12 hours after the operation
- Unusual discomfort or swelling at the implant site several days after the operation
- Bleeding continues
- Loss of the temporary tooth

If you have any symptoms or questions not mentioned in this document, contact your dentist, hygienist, implant coordinator, or any member of your dental team.

## Care for your new teeth

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

Dental implants can last a lifetime with proper oral care at home and at the dental office. Just like with natural teeth, dental tartar can build and cause problems for your implant, and conscientious oral care is vital to the long-term success of your new teeth.

- Use a soft toothbrush (change regularly) or an electric toothbrush for cleaning your teeth
- Use cleaning aids recommended by the dental team, such as interdental brushes or irrigation devices for cleaning the spaces between teeth
- Brush teeth on the inside, outside, and top surfaces where you chew
- Ask your dental hygienist about specific dental implant cleaning and flossing techniques



### **Cooperate with your dental team**

Both you and your dental team contribute to the long-term success of your dental implant. Regular check-ups and preventive visits to the dentist are necessary. Your dental team will prepare an individual oral care plan for you, and advise on cleaning techniques specific to your treatment situation. Careful care and routine check-ups (as recommended by the dental team) will help your dental implant to remain firmly in place for years to come.

Every surgical procedure carries potential risks. You should always consult with a dental professional prior to treatment. Potential risk factors may vary depending on medical or other conditions of each patient.



# More than Swiss quality.

A sense of trust.

## About Straumann dental implants:

- Over 35 years of clinical evidence
- More than 14 million implants sold worldwide
- Swiss quality and precision
- A trusted brand in over 70 countries
- Advanced Roxolid® implant material and SLActive® implant surface technology

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## PRACTICE NAME

Patient Name: \_\_\_\_\_

Next appointment: \_\_\_\_\_ With: \_\_\_\_\_

Next appointment: \_\_\_\_\_ With: \_\_\_\_\_

Notes for patient: \_\_\_\_\_

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