



EVOLUTION
PROGRESSING DENTAL EXCELLENCE

INSTRUCTIONS TO FOLLOW

After Your Surgery

On the day of surgery

- Rest for a few hours, but you do not have to lie down
- Don't rinse your mouth for about 6 hours after your surgery
- Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and soft foods
- Any pain or soreness can be relieved by taking tablets such as paracetamol (Panadol) 2 tablets every 4-6 hours as required (8 tablets maximum in 24 hours) or ibuprofen (*Neurofen*) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)
- Should the wound start to bleed, apply a handkerchief compress. Place this on the bleeding point and bite firmly on it for 5-10 minutes or longer if necessary whilst sitting up. Take off the compress and check whether the bleeding has stopped. If it hasn't, use a fresh compress. If you cannot stop the bleeding yourself, please telephone your Evolution Dental Implant Centre
- You may use an icepack to help reduce any swelling
- Start to take the antibiotic tablets that you were prescribed

Starting the day after your operation

- Start to gently bathe the area with 'Corsodyl Daily' mouthrinse. The rinse should be held in the mouth for 2 - 3 minutes to bathe the wound and then discarded. Continue for one week
- Continue taking your antibiotics as prescribed
- Continue to take painkilling tablets as necessary
- Do not hold anything hot against the outside of your face
- Any swelling and stiffness should start to settle in three to four days
- Continue with a soft diet for a few days
- Do not undertake any strenuous exercise for one week

*If you have any concerns at all please don't hesitate to **telephone 0845 6800 686***



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Intravenous Sedation

Intravenous sedation is widely used for patients undergoing surgical procedures. The technique produces a state of complete tranquillity, with patients experiencing the sensations of warmth and confidence, together with a pleasant degree of dissociation from the realities of the situation. Consciousness is maintained, although many patients cannot remember much of the treatment. Patients feel well during recovery but reaction time is slowed down and so it is important for your safety that the instructions below are followed.

Before your appointment

- You must not eat or drink for 2 hours prior to your appointment. Before this you can have a light meal such as toast and tea, coffee or juice. Diabetic patients need to work their regimes accordingly.
- Take your routine medicines at the usual times with a small sip of water unless instructed otherwise and discuss any medicines that you are taking with your Evolution Dental Centre before your sedation starts. Bring these with you to your Evolution Centre. If you use any inhalers, even if infrequently, please bring them with you.
- It is particularly important that you discuss any medication for diabetes before your appointment for treatment
- If you suffer from any medical condition, please discuss this with your Evolution Centre clinician
- Please inform us if you think that you may be pregnant
- You must make arrangements for a responsible adult to collect you from the Implant Centre to take you home by private car or a taxi and not on public transport

After your treatment

Although you may think that you have recovered quite quickly, the effects of your sedation may not have worn off entirely for at least 8 hours. You must not be alone at home until the day following your treatment. It is important that for 8 hours following your treatment you:

- Do not drink any alcohol or return to work.
- Do not drive any vehicle, or operate any machinery or any domestic appliances or go out alone.
- Do not take important decisions such as buying expensive items or sign important documents.
- Do not do anything that requires skill and judgment.



Before your operation

- You should arrange to have your teeth scaled and polished by your hygienist or dentist. This may require more than one visit and you should aim to have completed your last visit about two weeks before your bone graft surgery
- Start using 'Corsodyl Daily' mouthrinse about two days before your surgery. This can be purchased from any pharmacy and should be used as directed twice each day

After your operation

Mouth Care

- Rest for a few hours, but you do not have to lie down
- Choose cool drinks and soft foods. Avoid hot fluids, alcohol, hard or chewy foods
- Do not rinse your mouth for about six hours but start using 'Corsodyl Daily' mouthrinse again 24 hours later and continue for about one week. This will help to maintain good oral hygiene and prevent infection of the wound in your mouth. You should also brush any teeth as soon as is possible after surgery using toothpaste in the usual way
- Should the wound start to bleed, apply a handkerchief compress. Hold this firmly against the bleeding point for 5-10 minutes or longer if necessary whilst sitting up. Take off the compress and check whether the bleeding has stopped. If it hasn't, use a fresh compress. If you cannot stop the bleeding yourself, please telephone the Hospital or your Evolution Dental Implant Centre
- Pain and any swelling should start to settle in about three to four days

Smoking

- Do not smoke

Drain

- A small plastic tube is placed into the hip wound area during the operation to reduce any bruising. This is removed about one day after your operation before you go home.

Denture wearing

- Following the bone graft operation, most patients should not wear their denture for several days or even up to two weeks. The length of time varies according to the precise procedure and you will be advised about this. When the denture is worn again, this should be for essential only use during the day only. The denture must not be worn during sleep. Over-wearing of a denture puts pressure on the grafted bone and can cause it to dissolve away.

Numbness

- A small area of numbness affecting the outer side of the thigh may result from surgery. This is a recognised complication of this type of surgery and is uncommon. The area may feel numb initially in most patients because a local anaesthetic is used during the operation and it takes some time for this to wear off

Scar

- A scar about 7 cm long is an unavoidable result of this surgery. The scar improves over about 9 months after the operation

Pain relief

- Usually a local anaesthetic is injected into the area whilst you are asleep with the general anaesthetic so the area will be numb and pain free when you wake up. You will then be given appropriate painkiller whilst in hospital and painkillers to take home. Any pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (*Panadol*) 2 tablets every 4-6 hours as required (8 tablets maximum in 24 hours) and ibuprofen (*Neurofen*) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)

Exercise

- Whilst you will be able to walk immediately after your surgery, you should not undertake strenuous exercise or active sport for six weeks.



Before your operation

- You should arrange to have your teeth scaled and polished by your hygienist or dentist. This may require more than one visit and you should aim to have completed your last visit about two weeks before your bone graft surgery
- Start using 'Corsodyl Daily' mouthrinse about two days before your surgery. This can be purchased from any pharmacy and should be used as directed twice each day

After your operation

Mouth Care

- Rest for a few hours, but you do not have to lie down
- Choose cool drinks and soft foods. Avoid hot fluids, alcohol, hard or chewy foods
- Do not rinse your mouth for about six hours but start using 'Corsodyl' mouthrinse again 24 hours later and continue for about one week. This will help to maintain good oral hygiene and prevent infection of the wound in your mouth. You should also brush any teeth as soon as is possible after surgery using toothpaste in the usual way
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- Pain and any swelling should start to settle in three to four days

Denture wearing

- Following the bone graft operation, most patients should not wear their denture for several days. The length of time varies according to the precise procedure and you will be advised about this. When the denture is worn again, this should be for essential only use during the day only. The denture must not be worn during sleep. Over-wearing of a denture puts pressure on the grafted bone and can cause it to dissolve away.

Scar

- A scar inside your mouth is an unavoidable result of this surgery but this will not be obvious to anyone except yourself and your dentist.

Altered sensation

- Altered sensation of the skin of the lower lip and or chin ranging from tingling and numbness may occur after surgery, although this is very rare. Some patients may notice a “woodiness” sensation of their lower front teeth after surgery, but again this is rare.

Pain relief

- Usually a local anaesthetic is injected into the area whilst you are asleep with the general anaesthetic so the area will be numb and pain free when you wake up. You will then be given appropriate painkiller whilst in hospital and painkillers to take home. Any pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (*Panadol*) 2 tablets every 4-6 hours as required (8 tablets maximum in 24 hours) and ibuprofen (*Neurofen*) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)

Smoking

- Do not smoke



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Dental Implant Surgery

Before your operation

- You should arrange to have your teeth scaled and polished by your hygienist or dentist. This may require more than one visit and you should aim to have completed your last visit about two weeks before your implant surgery
- Start using 'Corsodyl Daily' mouthrinse about two days before your surgery. This can be purchased from any pharmacy and should be used as directed twice each day

After your operation

- Rest for a few hours, but you do not have to lie down
- Choose cool drinks and soft foods. Avoid hot fluids, alcohol, hard or chewy foods
- Do not rinse your mouth for about 6 hours but start using 'Corsodyl Daily' mouthrinse again 24 hours later and continue for about one week - this will help to maintain good oral hygiene and prevent infection of the wound in your mouth. You should also brush any teeth as soon as is possible after surgery using toothpaste in the usual way
- Any pain or soreness can be relieved by taking the prescribed medication. If none was prescribed, take tablets such as paracetamol (*Panadol*) 2 tablets every 4-6 hours as required (8 tablets maximum in 24 hours) or ibuprofen (*Neurofen*) two 200mg tablets every 4-6 hours as required (twelve 200mg tablets maximum in 24 hours)
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- Pain and any swelling should start to settle in three to four days
- Following placement of implants, most patients should not wear their denture for a few days, although the length of time varies according to the precise procedure. You will be advised about this. When the denture is worn again, this should be for essential only use during the day only. The denture must not be worn during sleep



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Sinus Augmentation

A sinus augmentation, sometimes called a 'sinus lift' is an oral surgery procedure in which the upper jaw bone is built up in the premolar and molar teeth areas. This is carried out so that dental implants can be placed for people who have insufficient bone and would otherwise not be able to have implant treatment

Bone loss

- A considerable amount of bone that once surrounded a tooth root may disappear when a tooth is lost or extracted or as a result of periodontal (gum) disease. The loss can be particularly rapid during the first few months after loss of a tooth and is described as *bone resorption*
- Many denture wearing patients report that the dentures become progressively looser and do not fit as well as they once did. Initially the increased rate of bone loss following extractions is responsible for the observed deterioration of denture fit. Later, the direct effect of chewing forces causes slow but gradual resorption of the underlying bone. The longer dentures have been worn, the less bone will be available for dental implants

Bone graft surgery

- A bone augmentation operation is undertaken to build up the bone in a planned way to permit the placement of dental implants
- There are many ways in which bone can be added, however one simple concept is to take a piece of bone from somewhere else and secure it as a *graft* to a deficient area. The new piece of bone will slowly join to the underlying region and when healed and mature, an implant can be placed three to four months later. It is possible to increase the height of bone in the upper jaw above the back teeth by placing the graft bone in the lower part of the sinus. This operation is called a *sinus augmentation*
- Bone may be taken from another site in the mouth or sometimes from the hip bone. Sometimes a bone substitute material can be used for a sinus augmentation and this simplifies the surgery so that it may be undertaken under intravenous sedation or even local anaesthesia alone
- The surgeon opens the gum tissue near the premolar teeth and exposes the bone that has a small window cut to access the sinus. The membrane lining the sinus is gently pushed up to create a space for the bone graft material. This doesn't affect how the sinus works as the procedure only reduces the size of the sinus a little. Dissolving stitches are then placed

Surgery success

- Infection is a risk of any surgical procedure but this is unusual following sinus augmentation
- On rare occasions the existing bone does not integrate with the bony graft material, and the grafted area does not develop a blood supply. If this happens, any implants placed in this area will fail because there is no live bone for them to attach to but the sinus augmentation may be repeated

Suitability for bone graft surgery

- Dental implant treatment and bone graft surgery is more successful if the general health is good and the patient does not smoke
- The patients' dental health should be good and the oral hygiene should be excellent

Before your operation

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- Some bleeding from the nose can also occur. You should not blow your nose or sneeze after surgery for a few days as this may increase bleeding or cause the bone graft material to move
- Pain and any swelling should start to settle in three to four days