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## Post-Operative healing for Dental Implants

### Post-operative healing for Dental Implants

There is great variation in healing times between one individual and another. At this time of surgery, I might recommend that conditions dictate a longer healing period before the implants are loaded. This healing period can vary from 6 weeks to six months. It will be necessary to see you 5-10 days after surgery to remove the stitches, which is quick and painless.

### Oral Hygiene after surgery

While dental implants cannot decay, poor oral hygiene in plaque buildup around teeth and implants can cause irreversible damage to supporting bone, especially during the healing period. Immediately after the surgery, the tissue will be tender and I will prescribe a mouth rinse called Corsodyl. Please rinse with this four times a day and clean the rest of your mouth away from the surgery as carefully as possible.

### Diet

It is important that you eat a well-balanced diet before and after surgery as this will help with healing after surgery, soft foods such as soup, fruit drinks, pasta, eggs, fish, mashed potatoes, yogurt and serials can provide all the nutrients you need. I might prescribe vitamin supplements to help with the healings.

### Bleeding Post-Operative

**You must not rinse your mouth for six hours after the surgery. This will allow the blood clot to stabilize.** There may be some oozing for twenty-four hours after surgery and your linen should be protected. If you are concerned by the amount of bleeding, place the pack provided or a tissue over the socket and bite down for twenty minutes by the clock.

### Healing

Usually, osseointegration (successful bone healing) takes at least 2 months in the lower jaw and three months in the upper jaw. This depends on the implants stability at the time of surgery and I will let you know this at the end of the surgical appointments and it also depends on the bone quality. The bone tends to be less dense in the upper jaw.

**It is very important that having read this information that you also understand it and are happy to sign the consent form attached.**