



## Behaviour after implantation

Information and recommendations for behaviour after implantation, transplantation, re-implantation, augmentation

- Do not smoke or drink alcohol on the day of the operation and the two subsequent days
- Black tea and coffee are not allowed either- avoid physical exertion and sports in the next 10 days
- Eating and drinking are permitted after the local anaesthetic has subsided
- If possible, have soft or liquid food and do not chew in the area of operation
- Do not rinse the mouth during the day of the operation
- On the following days the mouth must be kept clean by rinsing and cleaning with a very soft toothbrush
- Sitting is better than lying down; keep your head as upright as possible the first night after the surgery
- Do not touch the operated area with the fingers or play with the tongue on the sutures
- Swelling may occur and will fade after a few days; relief can be achieved by cooling from the outside
- In rare cases, post-bleeding may occur; in such cases, please bite a clean handkerchief until the bleeding stops; if the bleeding does not come to a standstill, contact our practice or the dental emergency service

We hope you have a speedy recovery.

Dr. Fischer and her team