

Everything  
you need to know  
after your dental  
implant treatment.



All recommendations given in this brochure are generally valid advice.  
Always adhere to the instructions given by your dentist.

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# Looking forward to life's pleasures

Congratulations!

When you decided on dental implants, you did your health and your appearance a big favor:

- A full row of teeth can keep your jaw bone healthy and intact.
- Teeth support your lips from the inside, which helps you gain a more youthful appearance.
- Your implants will help you during eating and speaking.
- Gone are the days, when you had to cover your mouth to laugh!  
You can go back to enjoying a more easygoing and spontaneous lifestyle.

While your implants heal, you can look forward to planning all the fun things ahead of you. You've had to do without a lot of things, and now you can get back to enjoying life... Your new implants will help you to achieve whatever makes you happy!

# Enjoy food



# Day 1 – What do I do now?

You've just come home from implant surgery. Besides the numbness in your mouth, everything feels OK, but you might be wondering what you have to watch out for. The best thing you can do now is simply lie down and relax. Just take it easy for today.

But before you do so, put some cold packs in the fridge, because it's very important to keep your cheek cool. And have some cold beverages like water or cooled herbal or fruit tea handy.

# Quick check: the first day

- No sports or heavy lifting
- No smoking
- No alcohol
- No coffee or black tea
- Consider taking time off work
- Keep your cheek cool, but not too cold
- Ask your dentist for a painkiller you can use, if you need it

This is generally valid advice. Please follow your dentist's recommendations at all times.



## FAQ: "Is it normal...?"

Don't worry: It's normal that some things feel different right after surgery, but pay attention to the signals your body is sending you. Take special care of your new teeth, and give them the extra dose of pampering they need.

**"I've just come back from implant surgery, and my cheek is gradually beginning to swell. What can I do?"**

In the first 24 hours after implant surgery, it's important to frequently cool your cheek with a cold pack from the fridge you can get them from the pharmacy or your doctor. Ideally, cool your cheek for 20 minutes, then take a 10-minute break. You might experience some swelling in the first three days, but it should gradually subside. In the event that it doesn't, contact your dentist.

**"It's now been a few hours since the surgery, and the wound is still bleeding. What should I do?"**

Minor bleeding is nothing to worry about, but you should try to stop it by biting gently on a piece of sterile gauze. If your doctor hasn't given you any, it's available at most pharmacies. Please remember that rinsing your mouth vigorously or sucking, for example when drinking through a straw, can prolong the bleeding. If the bleeding is heavy or doesn't stop, you should definitely contact your dentist.



**"As soon as I lie down, I feel an uncomfortable pressure and throbbing."**

You can prevent this by using an extra pillow during the first night to rest your head in a higher position than usual.

**"I have small bruises (hematomas) on my face. Is this normal?"**

Minor bruises often don't appear until a few days after the implant treatment and are nothing to worry about. The color of the bruises will change when the tissue starts healing.

**"My lips feel dry and have small cracks."**

During the first 2 days, use Vaseline or a cream containing lanolin to prevent dry lips. Normal lip balm usually isn't adequate. Also, make sure you drink enough.

**"How long does the wound take to heal?"**

The first phase is the healing of the soft tissue – this takes about a week. The second phase, known as osseointegration, is the healing of the implant in the jaw bone.

In the second phase, the bone grows around the implant, gradually forming a firm, stable grip.

# Quick check: when should you contact your doctor?

Contact your doctor if you have:

- severe pain
- persistent bleeding
- recurrent swelling





## **Why good care and prevention are important:**

A bacterial inflammation of the gum and jaw bone around the implant, known as peri-implantitis, is one of the rare complications that can occur after implant treatment. The good news is that by maintaining good oral hygiene, you can generally prevent it yourself, as peri-implantitis is usually the result of poor dental care. When plaque around the implant isn't removed regularly, bacteria can enter the jaw bone through the gums and cause an inflammation. In patients affected by peri-implantitis, the jaw bone is attacked by bacteria, too, and consequently retracts. In the worst case scenario, this can lead to the implant being removed. Providing good preventive care is, therefore, the best thing you can do to take care of your implant.

# Oral hygiene

Taking good care of your teeth is a bit like doing sports: If you keep at it, it doesn't take long before you see results. And, as of today, the effort is really worth it for you, because your new implants will make a major contribution to your quality of life.

## Rinsing your mouth

In the first few days after your implant treatment, using a mouth rinse is definitely the number one choice for your dental care. At this point, you need to protect the sensitive wound, so don't use your toothbrush! Right after the implant procedure, wait 3 to 4 hours for any bleeding to stop, but then rinse your mouth for around a minute up to 3 times a day or as advised by your dentist. They might also recommend use of an oral rinse that contains chlorhexidine digluconate.

## Quick check: taking care of your teeth

If not told otherwise by your dentist, follow these steps in the first week after implant treatment:

- Rinse your mouth up to 3 times a day or as recommended by your dentist
- On the fourth day after surgery, start brushing your teeth again
- Using an extra-soft toothbrush is advisable in the beginning



## Taking good care of your teeth

Normally, on the fourth day after your surgery, you should be able to go back to regularly and thoroughly brushing your teeth. Using your electric toothbrush at this point should be fine, but if you're unsure, use an extra soft toothbrush for your implants in the first few weeks.

## Dental floss and interdental brushes

Bacteria make themselves at home in the spaces between your teeth, but, with good, regular care, it's easy to keep them under control. Your **dentist or dental hygienist** will be happy to show you how to use dental floss and interdental brushes, and then all it takes is a little practice. You can get started approximately 4 weeks after your implant treatment.



Well-being

## **Need a bit of motivation for your dental care? Read on...**

- It is a fact that many people first look at someone's teeth when they meet.
- Most people associate shiny white teeth with health, an even temper, skill, strength, and credibility in communication.





Self-  
confidence

# Recipes for the healing phase

"Soft food is only for kids and sick people..." No way! Health specialists around the world have been showing us for years that pureed fruit and vegetable smoothies are absolutely delicious and, at the same time, healthy. But smoothies aren't the only source of a wide range of nutritional benefits and vitamins. We've put together a number of soft-food recipes you'll love – even after your implants are fully healed.





## Moroccan lentil soup

Tooth-friendly food doesn't have to be bland. With this delicious recipe, you'll feel like you're in a Middle Eastern bazaar.

150 g red lentils  
some olive oil  
1 onion  
1 can of peeled tomatoes  
2 carrots  
2 small potatoes  
½ teaspoon of ground  
coriander

½ teaspoon of turmeric  
1 vegetable stock cube  
(organic quality if possible  
and without flavor  
enhancers)  
Juice of ½ lemon  
Salt and pepper

Finely chop the onions and fry them in olive oil. Then add the peeled tomatoes, the chopped carrots and the potatoes. Put the stock cube and other ingredients in a pot filled with 750 ml of water and gently boil for about 15 minutes with the lid on. Season the mixture with salt, pepper, coriander, and turmeric. When finished, add the lemon juice and purée everything with a hand blender.

## Polenta slices out of the oven

Here's some  
inspiration from  
sunny Italy.

350 ml of vegetable boullion  
75 g of polenta (using instant polenta saves  
cooking time)  
olive oil  
2 large tomatoes  
freshly grated Parmesan cheese

Bring the polenta to a gentle boil in the vegetable stock and stir constantly for about 5 minutes while it simmers. Pour the cooked polenta onto a baking tray greased with some olive oil, spread it evenly, and allow to cool. Then, cut the polenta into squares and place them in a casserole dish that's been greased with olive oil, alternating the layers with the sliced tomatoes. Sprinkle generously with Parmesan cheese, and bake at 200° C in the oven for about 20 minutes.





## "Cool Down" Smoothie

This fruity smoothie not only tastes great, it also cools your cheek.

1 banana  
150 g frozen raspberries  
1 orange  
2 to 3 mint leaves

Let the berries thaw for about an hour. Then place them in a blender with the other ingredients and purée everything until it has a frothy, creamy consistency.

# Soft food – step by step towards eating what you want again

After your implant treatment, your dentist might advise eating "soft food" during the first 3 days, because even if the swelling is mild, you should definitely avoid intensive chewing. Eating soft food not only means you don't have to use much pressure, which promotes the optimal healing of your implants, it also keeps your gums free of crumbs.

## Quick check: meals

If nothing else has been recommended by your dentist, in the first 3 days:

- Don't eat anything spicy
- No alcohol
- No coffee or black tea
- Allow everything to cool down before you eat
- Eat soft food



# Social activities

# Welcome to the club!

With your new implants, you've joined a growing number of people who have opted for an innovative, durable, and esthetic form of dental prosthesis. Now it's time to go back to having fun. Do sports, go out, meet people and, above all, enjoy your life without worrying about your teeth.

And of course, regular dental check-ups (once or twice a year) are important steps in making sure that you continue to enjoy your new life. Having your teeth cleaned twice a year by a professional dental hygienist adds yet another level of good dental care to your oral health regimen. Ask your dentist for advice on how to keep your new smile healthy.







Fun

# Your countdown to living life to the fullest

## Food & Care

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Drink lots of water								
Eat soft food								
Eat cold food								
Avoid intense chewing								
Don't drink alcohol								
Don't smoke								
Elevate head when sleeping								
Keep your cheek cool								
Consider taking a day off work								

## Hygiene & Attention

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Use mouthwash regularly								
Protect implants by using an extra soft toothbrush. No brushing for the first few days.								
Use dental floss daily								
Avoid sport and other exhausting activities								
Avoid saunas and sunbathing								

This is generally valid advice.  
Always adhere to the recommendations given by your dentist.

