



truly

Dental Implants
Healing & Aftercare

Our *step-by-step* aftercare guide for *dental implants*.

Congratulations! You have successfully taken the first bold and assertive step down the path to total transformation of not only your smile, but your entire way of life, by deciding to undergo the most groundbreaking, revolutionary dental treatment that modern dentistry can offer.

At Truly we recognise that this is no small step, and we wish to thank you for the immense honor of trusting our clinic to realise this giant leap forward with you—just as we will be standing with you throughout this exciting, life-changing treatment journey.

The technology and dental advancements that now allow us to carry out dental implant procedures has been absolutely game-changing. Before the introduction of implants losing even a single tooth, let alone multiple teeth, was a source of great distress and disappointment to patients. Your smile can be comforting, professional, confident, approachable, cheeky. It is the window to your personality and one of the first things strangers and loved ones alike notice about you; and so a missing tooth can be a significant source of embarrassment and even grief.

Tooth loss is not only culturally associated with looking older, but is in reality typically linked with aging. As teeth become worn, loose and eventually fall out this affects the jaw bone, which shrinks with age as teeth are lost, weakening your jawline. There can be significant pain and mental wellbeing bound up in prematurely losing our teeth alongside

unavoidable, tangible issues of reduced quality of life, such as a growing inability to eat hard or chewy foods like steak, popcorn or crusty bread, and even in some cases difficulty in clearly articulating when you speak.

Dental implants are the closest modern dental science has come to date to an authentic substitute tooth following a tooth extraction or loss through injury. Their sky-high success rates, entirely natural appearance and near decades-long life when well cared for speak for themselves. Your decision to overcome the challenges of tooth loss, investing in yourself and your welfare by taking back control of your future through dental implants is inspiring; whether you have recently lost a front tooth due to trauma, a battle with dental disease which has damaged multiple teeth to the point of breakage or extraction, or if you have struggled for years with loose, ill-fitting traditional dentures, and will not tolerate their uncomfortable, conspicuous impact on your quality of life any longer.

Dental implants are made from a titanium screw, which integrates seamlessly into your bone to function in place of your old tooth root. A crown (a custom-made prosthetic tooth, perfectly matched to the surrounding contours and colour of your natural teeth) is then placed securely and seamlessly on top of the implant as your new functioning tooth. In other cases the implant is used to hold dentures in place, fully preventing them from coming loose without the need for messy and inconvenient adhesives and food or usage restrictions. Unlike with a conventional

dental bridge (an older method to cover a gap caused by a missing tooth by anchoring a prosthetic tooth into the gap as a 'bridge' supported by the adjacent teeth on either side). Implants are fully self-sustained, meaning that your original adjacent teeth remain untouched, completely avoiding any potential risk of damage or emergent problems down the line to these teeth caused by acting as 'anchor' teeth.

Our expertly-trained dentists work tirelessly to remain at the cutting-edge of skilled knowledge applied in the practice of implant dentistry. Your dentist is specially certified and has undergone countless hours of additional training from the most advanced, reputable sources to ensure they are using the most widely-researched and innovative methods and materials to guarantee the success of your implant surgery today. Your recovery is in the safest of hands, because our dedicated team is committed to seeing you thrive, and achieve the fullest benefits and life enhancements of dental implant treatment.

The benefits of dental implants:

- 1 The total transformation of your smile, through full, discreet replacement of one or multiple missing teeth with a complete, beautiful restoration which functions and appears exactly like a natural tooth.
- 2 A joyous return to speaking, laughing and smiling with pure confidence—avoid the embarrassment associated with a poorly fitting denture coming loose or the anxiety of revealing an unsightly gap.
- 3 Safeguarding and protecting your remaining natural teeth—not only do dental implants cause no disruption or wear to the adjacent teeth, but maintaining your oral health has never been easier, as restoring the natural contour and positioning of your mouth greatly eases the practice of overall consistent, effective oral hygiene.
- 4 Enjoy the foods you thought you could never eat again after losing a tooth. Take back your ability to chew, bite and crunch with the improved function that comes with fully restoring a missing tooth or teeth.

- 5 Preservation of your youth and appearance, by maintaining the volume and shape of your bone and strong jawline.
- 6 A regular, natural tooth structure means less trapping of food and build-up of plaque, which on top of reducing your risk of tooth or gum disease, will leave you with overall fresher, healthier breath – your new implant also cannot itself decay, contributing to all-round significant improvement in daily life.
- 7 The peace of mind that comes with completing a revolutionary, extremely successful long-term treatment option that enhances your health, appearance and capability which when properly maintained and cared for, can last you your entire life.

A little unsure? Don't worry, here's what to expect in the next 48 hours:

We use a highly effective local anaesthetic to ensure you do not experience any pain during the procedure. Numbness can last for up to 8 hours following treatment. Please take great care not to bite or chew your numb cheek, lip or tongue during this period as you may injure yourself unknowingly. Avoid hot food and drinks until your sensation has returned to normal.

You have just undergone a complex and lengthy dental surgery. It is important to allow yourself to rest and recuperate at this time, as it is completely normal to experience some discomfort, which will subside over the following few days.

In order to maximise your body's natural healing processes, reduce swelling and inflammation and for effective pain relief your dentist will have written you a prescription. Please ensure that you take your medication as directed, as this will greatly minimise any discomfort you are feeling. You may notice a small amount of blood in your

mouth in the hours after treatment, presenting as a pink tinge to your saliva. It is normal for this minor bleeding to occur up to 48 hours or so post-procedure.

- 1 Avoid very hot drinks if this occurs, as the heat can prolong any bleeding. If bleeding continues or is more significant than a noticeable tinge of colour, this can be relieved and the bleeding stopped by applying light pressure to the affected area with damp medical gauze with your finger for 20–30 minutes. If the bleeding continues for longer than 30 minutes after applying continuous pressure, if you are concerned you can contact the clinic at any time for further advice.
- 2 You are likely to experience some swelling or bruising of your gums following treatment, which may last for 3–5 days. To minimise swelling you should apply a cold compress or ice pack to your cheek above the area for 20 minutes on, 20 minutes off, over the 24–48 hours immediately after surgery, only while you are awake. Taking the medication as prescribed to you by your dentist will also significantly reduce the duration and severity of any swelling
- 3 **It is vitally important that the surgical site is kept clean and free from infection following this procedure, to guarantee success of your implants.**

Avoid using your tongue to feel around the surgical site. Also refrain from lifting your lip or cheek to look at the area. To support healing and ensure a clean and sterile recovery, you should use a chlorhexidine mouthwash such as Corsodyl, rinsing 10mls around your mouth for 1 minute three times per day for 2 weeks following your surgery, beginning on the first day after your surgery.

- 4 Brush and floss the remainder of your teeth as normal, but take great care around the surgical site—avoid brushing your implant site in the first 48 hours following your procedure and do not floss around

the surgical area. You must not smoke in the 48 hours immediately after your surgery.

- 5 You should not spit out any excess liquid or other material from your mouth for the first 24 hours immediately following your surgery, as the motion and pressure may cause a blood clot to dislodge and subsequently delay healing. Try taking small sips of water to clear your mouth when you feel this impulse.
- 6 This process draws heavily on your body's reserves, both during the surgery itself and in your recovery, and so it is essential to stay adequately hydrated. Drink plenty of fluids during the first 48 hours after the procedure, aiming for 6–8 glasses of water evenly spaced throughout the day.
- 7 **Do not use a straw when drinking as this can also cause a blood clot to dislodge, negatively impacting your healing.**
- 8 In the 48 hours following your surgery and for up to 2 weeks after, the area around the surgical site will be too uncomfortable to eat on, until that primary healing has occurred. To maximize both your comfort and your healing at this time you should eat soft foods only, and eating only on the opposite side of your mouth to the surgical area.
- 9 **Foods like soup, scrambled eggs, smoothies, yoghurt, mashed potatoes, pasta and cooked vegetables are all good options.**

Avoid any foods if you find they are increasing your sensitivity (eg. the acidity in tomatoes or citrus fruits can cause irritation for some). The important thing is to make sure you are eating sufficiently to feel full, and at regular meal times. It is essential to maintain your strength and good nutrition at this time, as this will allow your body to heal normally and swiftly



10 Please avoid physical exercise for the first 24–48 hours after this procedure while you are re-orientating, to prevent excessive bleeding at the surgical site.

11 If you wear dentures your dentist will have advised you at your appointment when you can start to use them again. Please do not insert your dentures before this time (and continue to leave them out entirely at night) as if your dentures cover the surgical area they can very easily disturb the wound site causing a delay or disruption to your treatment's successful healing.

12 If the positioning of your teeth and implant site are suitable, your dentist will have designed and placed a temporary restoration on the day of your surgery, to further protect the surgical site while it is healing and you await your permanent implant placement. A short-term dental cement is used to adhere your temporary restoration. If this restoration shifts position or comes off you should contact the clinic as soon as possible to arrange an appointment with your dentist to repair it.

hard, sticky, chewy or crunchy foods, and also avoiding the use of straws for this period.

3 Smoking can have a significant negative impact on a host of healing factors, specifically in this case it is linked with poor outcomes on the integration of your implant into the bone of your jaw. Complete smoking cessation will provide you with the greatest chance of a successfully undertaken surgical treatment, but if this is not possible please refrain from smoking for as long as possible following your surgery, noting that you must avoid smoking entirely in the week immediately after the procedure.

4 Continue to brush and floss your remaining teeth as normal.

It is vital that you do not irritate the surgical site in this 2 week period — this includes not flossing at any point during this stage. You can begin to extend your brushing to the surgical site after the first 2-3 days, once the immediate swelling and tenderness has subsided enough to allow this, however proceed very gently and conservatively— use as soft a toothbrush as you can (some people use a children's toothbrush on their implant sites) and allow your chlorhexidine mouthwash to do the majority of the cleaning in this area. Continue to rinse with 10mls of this mouthwash for 1 minute, three times per day, for the full 2 weeks following your surgery. Do not use an electric toothbrush on or near your surgical site.

5 A bad taste or smell on the breath is a commonly experienced side effect following this kind of surgery. Usually this is due to the wound itself, or food becoming trapped in the surgical site, and is a natural reaction. Avoiding eating on that side of your mouth is the best protection against this risk, but if you are experiencing this issue you should rinse a couple of times per day, particularly after meals with a ½ teaspoon of salt with warm water mixture. Trapped food that is not cleared can sometimes lead to a localised

infection – if this does not resolve with rinsing the area your dentist may prescribe you a course of antibiotics to clear the infection.

6 Sutures or stitches may have been placed during your surgical procedure to close your wound and aid in the healing process. Unless your dentist has advised otherwise, these are designed to dissolve and fall out on their own usually within 4-10 days. This is nothing to worry about, as the sutures have served their purpose by this stage. If your dentist has informed you that you will be required to come back to the clinic to have your stitches removed, you must of course attend for this check-up and removal, and our front desk will have issued you a follow-up appointment for this.

7 Do not be alarmed or concerned if you notice a white and potentially hard tissue presenting or visible at the surgical site. This is the appearance of the normal healing tissue, and is a good sign. While primary healing is occurring over this 2 week period, and particularly if yours was not a suitable case for your dentist to place a temporary restoration over your implant site, you may also see a silver 'cap' embedded into the surgical site.

This cap is the most easily seen part of the implant process, and is nothing to worry about. Its function is to protect the main body of the implant from plaque and food build-up, while also promoting soft and hard tissue healing of your gum around the implant site.

recovery. If this is the case, your dentist will have instructed our clinic's front desk to schedule this follow-up appointment with you, and it is important to attend this review to ensure that any complicating factors or specific issues are proceeding smoothly and not affecting your healing. In most cases it will take approximately 3 months for your implant to fully and successfully integrate into the bone of your jaw; however each case is different and each patient unique, and your dentist will discuss with you at your initial surgical appointment and again at review, the length of time needed for this full healing and integration process to occur.

Once happy that your implant has fully fused and settled, your dentist will take a 3D record of its position and shape in relation to your gum. These impressions will be sent to our dental lab to allow your custom-made, bespoke permanent restoration to be fabricated. This is a complex process, taking place at a specialist dental lab, and does take time to complete. Your permanent, custom-made implant supported crown, bridge or denture will be ready to fit approximately 3–4 weeks after your review appointment.

Our front desk team will always schedule your follow up visits with you in the time frame advised by your dentist, before you leave the clinic following any appointment, from your initial surgical procedure to each follow up, fitting and review.

At this momentous final appointment, your dentist will securely and permanently fit your new, durable dental implant. With your permanent restoration in place, your surgical implant journey is at an end – congratulations, and thank you for making Truly your partners on this road to the restoration of your smile! But it was your dedication, your commitment to caring for and investing in yourself and your future, and the pride that you take in safeguarding your health, your appearance and your quality of life that got you to this point – now, it's time to enjoy your fully functioning, dazzling smile. Caring for your new dental restoration is an on-going duty of care, yours and ours, essential to ensuring it serves you for many years to come.

What to expect in the next 48 hours to 2 weeks after surgery:

It is normal and quite common to experience stiffness of the jaw or a difficulty opening your mouth fully after your surgery. This will pass within 1–2 weeks, and may be related to having to hold your mouth open for a long period during today's treatment.

- 1 Continuing to eat soft foods for a minimum of 1 week following your procedure, and massaging your jaw and the muscles of your face will ease this discomfort, in addition to taking your prescribed medication as per your dentist's advice.
- 2 Continue to eat on the opposite side of your mouth to the surgical site, avoiding all

How to care for your dental implants, longterm:

Two weeks after your initial implant surgery your dentist may want to review you, to make sure they are satisfied with the healing of the implant site and the pace and quality of your

Please ensure you keep the surgical area thoroughly clean, in addition to your overall mouth and dental care. You must maintain a rigorous oral hygiene routine with both normal toothbrushing and inter dental cleaning to prevent bacteria, calculus or decay from forming.

It is essential that you brush at least twice per day and floss on a daily basis and speak with your dentist or hygienist if you have any questions about your oral hygiene routine. Attend your dentist for a full check-up exam and scale and polish treatment at 6 monthly intervals, and for any further treatment or review that they have indicated you need.

This allows your dentist to identify any potential problems early and reverse them in time. Regular dental exams and standard cleaning visits can prevent the build-up of plaque, calculus and bacteria which cause infections, gum disease and tooth decay.

Preventative care of your teeth and implants is of paramount importance so that you can maximize the impact of the investment you have made into your oral health, and to ensure you 'keep smiling as stunningly for many years to come.

Join the club at trulydental.ie and book your mouth a wellness retreat.

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Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

Telephone (0)1 525 2670

Email info@trulydental.ie