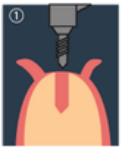
Please read carefully!

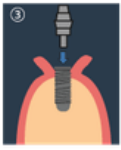
During today's visit to our clinic you had surgery to place a dental implant.

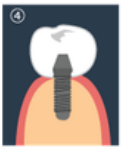


This is an important step for you: dental implants replace the natural root of the tooth and support your future crown. Teeth supported by dental implants look and feel like natural teeth, and in a few months you will eat what you like, speak more easily and clearly, and have a better-looking smile.









Today the implant was placed. To integrate well into the bone it needs a few months, the **osseointegration stage**, before it can carry a crown and be used fully for chewing.

What you need to know:

For healing to go smoothly, please follow these instructions:

- you have received a **prescription**; please follow it carefully
- hold an **ice pack** on the outside of your face, over the treated area, for a few minutes every hour
- resume **oral hygiene** after 24 hours, keeping the toothbrush bristles away from the surgical site
  - after 24 hours, rinse with a mouthwash containing hyaluronic acid and chlorhexidine, twice a day for 7 days, to help the wound heal
- you can eat on the other side as soon as the anaesthesia wears off
- do **NOT** eat **very hot** or **very cold** food
- do **NOT** eat **very hard** food that needs heavy chewing
- **drink straight from the glass**, do not use a straw
- **avoid fizzy drinks** in the first week after surgery
- do **NOT smoke for at least 5 days** after surgery: smoking can delay healing
- unless agreed otherwise, your next appointment is in **7–10 days**, to remove the stitches