

General health considerations before implant placement Introduction:

Dental implants are fixed into the bone of the jaw through an opening in the gum. In order for implants to be successful, they must be locked into the jawbone and surrounded by healthy gum tissue. The healing of the bone and skin required can be critically influenced by your behaviour.

Healing:

Healing can be enhanced by arriving at the surgery in the best possible state of health prior to the procedure, and by following the regime suggested by your surgeon during and after each stage.

Timing of the treatment:

Ensure that the appointment made for the implant placement does not interfere with your social or professional life. You may be asked to leave out your denture if applicable or adhere to a particular dietary regime for a period of time.

Also, there may be some minor discomfort or swelling after the procedure which can last for an average of 2-3 days. Sometimes these symptoms may persist for slightly longer depending on the individual and on the complexity of the surgical procedure.

Sedation:

If you are having sedation, please make sure a responsible person is available to escort you home.

Aspirin:

If you are taking aspirin, you should check with your physician whether it is suitable for you to stop the recommended dose 2 weeks before the implant appointment.

Antibiotics:

Make sure you have taken the prescribed antibiotics before arriving at the surgery and that you complete the course of medication in the period afterwards.

Smoking:

Research has shown that patients who are considered heavy smokers (i.e. who smoke more than 15 cigarettes daily) may adversely influence post-operative healing and could jeopardise the long-term health of the implants and supporting bone.

If at all possible, smokers should give very serious consideration to giving up smoking altogether, or discuss with your surgeon a suitable period of cessation pre- and postoperatively for the key surgical stages.

Supplements:

Vitamin/mineral supplements may be advised in the pre-operative phase although clear benefits have not yet been established.