

## Home Care following Periodontal or Implant Surgery

- \* **Rinse** at least twice a day with a mouth rinse containing **Chlorhexidine** e.g. **Savacol** (a green rinse), **Diffiam C** (a red rinse) or **Plaqacide** (a colourless rinse).

**NO OTHER MOUTHWASH IS A SUBSTITUTE - THIS IS CRITICALLY IMPORTANT!**

DO **NOT** USE: Cepacol, Listerine / Listermint, Plax etc

**N.B.** Twice a day **Chlorhexidine** mouth rinsing is **mandatory** for

\_\_\_\_\_ following implant surgery.

- \* **Take** Nurofen or Panadol / Panadeine as / if required. Avoid Aspirin as it can promote bleeding.
- \* **Rest** and avoid strenuous physical activity for 12 to 24 hours.
- \* **Avoid** brushing or cleaning around the surgical site for 7 days, as the mouth rinse will control any plaque. Brush and floss the rest of the mouth as usual.
- \* **Finish** the course of antibiotics (if prescribed).

If you have any concerns regarding your surgery, please phone us on 07 3350 4344.

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