* Rinse at least twice a day with a mouth rinse containing Chlorhexidine e.g. Savacol (a green rinse), Difflam C (a red rinse) or Plaqacid (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.

Peter Clark Ryan, Rachel Garraway, Richard Grant-Thomson, Peter Chen