

# Department of Oral and Maxillofacial Surgery

## Insertion of dental implants

This leaflet is designed to improve your understanding of your forthcoming treatment and contains answers to many of the common questions. If you have any other questions that the leaflet does not answer or would like a further explanation please ask your surgeon.

### What is an implant?

An implant is a false metal root screwed into the jawbone. Implants form anchors for a crown, bridge or denture attachment.

### What does implant surgery involve?

- Implants are usually inserted under local anaesthesia (an injection to make the area numb).
- Once the local anaesthetic injection has worked the gum is cut and pushed back to expose the underlying bone.
- A hole is then drilled into the bone and the implant screwed into this hole.
- The gum is then put back in the right place with stitches. These stitches are usually dissolvable but may take several weeks to disappear.

### How long will the operation take?

It usually takes around half an hour to place a single implant. If you are having more than one implant placed it will take longer.

### What can I expect after the operation?

It is unlikely to be very sore after implant surgery but regular painkillers (for example, Ibuprofen) will be arranged for you. There is relatively little swelling.

### Do I need any time off work?

It is advisable to take the rest of the day off work. You may also need to stay at home for a day or so depending on the type of job you have. If lots of implants have been placed and this has required intravenous sedation or a general anaesthetic, it is important to remember that you cannot drive or operate machinery for 24 hours after your operation.

## Is there anything that I need to do when I get home?

- It is important to keep the surgical site as clean as possible for the first few weeks after the implants are inserted.
- It may be difficult to clean around the area because it is sore. If this is the case it is best to keep the area free from food debris by gently rinsing with a mouthwash or warm salt water (dissolve a flat teaspoon of kitchen salt in a cup of warm water) commencing on the day after surgery.
- You will have been prescribed a course of antibiotics to reduce the chances of infection. Please remember to take these.

## What are the possible problems?

- Although there may be a little bleeding at the time of surgery this should stop very quickly and is unlikely to be a problem. Should the area bleed again when you get home this can usually be stopped by applying pressure for at least 10 minutes with a rolled up handkerchief or swab.
- Infection is uncommon particularly if antibiotics are used.
- If you are having an implant placed into your lower jaw it is important to be aware that some nerves may lie close to the site of surgery.
- One of these runs through the centre of the jawbone and supplies feeling to your lower lip, chin and lower teeth. The other runs on the inside of the lower jaw and supplies feeling to your tongue and helps with taste.
- Sometimes these nerves may be bruised when an implant is placed. This can cause tingling or numbness in your lip, chin or tongue, and more rarely, altered taste. The altered sensation or numbness usually recovers after a few months and is rarely permanent.

## Adapted from:

British Association of Oral and Maxillofacial Surgeons.

<http://www.baoms.org.uk/>



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

### Document history

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