**My Implant Expert**

**Instructions after insertion of sulcus formers (metal healing caps) on top of the implants**

***“Why do I need these metal caps?”***

*To provide a connection between the buried implant screw and the oral cavity so that we can begin the construction of your crown/prosthesis on top of the implants.*

***“What is the next stage after these metal caps?”***

We will usually start construction of your crown/prosthesis by taking an impression or a mould.

We may place these metal caps on the same day as your implant screw placement or at a later date. This depends on the clinical situation.

1. The dentist may get you to bite down on a stop-bleed cotton pack. Remove it after one hour.
2. Eat ice cream as soon as you get home. Eat over 15 minutes. Let the ice cream melt over the metal caps. This will help soothe the area. Repeat a couple of times today and twice tomorrow.
3. After the ice cream, you may eat, but please keep away from the metal buttons. Chew soft food slowly on the opposite side. Soup, fish & chips, eggs and bananas are examples of soft foods you may decide to eat.
4. Do not e.g. eat crisps, rice, nuts for 5 days, otherwise small food particles can get stuck around the metal button and cause irritation.
5. You may feel sore for 1-3 days after- take pain killers as necessary.
6. Do NOT spit or rinse your mouth today- please swallow any saliva/liquid in your mouth. The blood clot must remain undisturbed. Your saliva (spit) will help promote the healing.
7. Use salt water rinses three times a day from tomorrow- two teaspoons of salt in a half cup of warm water. Rinse gently. Rinse harder as the days go on. Continue for 5 days.
8. After doing the salt water rinses, use Corsodyl mouthwash three times a day from tomorrow. Rinse gently. Rinse harder as the days go on. Continue for 2 days only.
9. If you’re out and about, make a salt water solution in an empty bottle and carry it with you.
10. Do not use any other mouthwash for 5 days.
11. Do not brush/floss your teeth tonight.
12. Start brushing and flossing from tomorrow.
13. After 5-7 days. You must start to brush around the metal buttons as part of daily oral hygiene. **If the metal buttons are not clean, it may affect the implants.**
14. If a metal button come off, keep it safe. Do not panic- it is not an emergency. Simply contact the clinic and let us know- we may call you in sooner.