



Dental Implants · Full Arch Reconstruction

Post-Surgery Guidelines

Congratulations! You are well on your way to rehabilitating your dentition. We want you to know that our office is available to answer any questions you may have after the procedure.

Day 1: You will experience mild discomfort as you recover from sedation as the local anesthesia wears off. Keep as much ice on your face and jaw as you can stand for the next 2 days changing about every 20 minutes. Nausea may occur today as well. Begin eating today. **You may have any food or drink that does not require chewing.** Drink plenty of fluids.

For the First 24 Hours:

- Reduce your activity.
- Use an ice pack (20 minutes on - 20 minutes off) for the first 24 to 48 hours.
- Take all prescribed medications as directed until all are gone.
- Restrict yourself to a recliner or be supported upright by pillows. Do not lay flat as bruising may travel into areas around the eyes. There is also an increased risk of airway complications and swelling.
- Have your caregiver closely monitor you for the next 24 to 48 hours once at home.

Do Not Do the Following:

- DO NOT spit, smoke, rinse your mouth vigorously, drink through a straw or cause any suction in your mouth.
- DO NOT drink carbonated beverages or fizzy drinks (i.e., coke, beer) for at least 48 hours.
- DO NOT do any heavy lifting or vigorous exercise
- DO NOT lay completely flat.
- DO NOT apply heat until **after** 24 to 48 hours.
- DO NOT eat chips, hard crunchy foods (i.e. crunchy tacos), or popcorn.

Day 2: Take over the counter pain medications such as Ibuprofen if your pain is not severe, if having more discomfort take narcotic pain relievers, if prescribed. If unsure of which OTC pain medication to take, please contact our office. Continue to ice your face and jaw as much as possible.

MEDICATIONS: Ibuprofen & Prescribed Pain Medication: We suggest taking 1 of the prescribed pain medication as soon as you get home from surgery. Then start alternating the Ibuprofen with the prescribed pain medication following the timeline below. Most **adults can** take up to 800mg of Ibuprofen every 8 hours (Motrin or Advil) in addition to the prescribed pain medication for a limited time. **DO NOT USE TYLENOL TO SUPPLEMENT IF YOU ARE ALSO TAKING THE NARCOTIC (hydrocodone-acetaminophen OR Percocet) AS IT ALREADY HAS TYLENOL IN IT.** If you notice that the pain medication is not providing comfort long enough, alternate the prescribed pain medication and Ibuprofen throughout the day:

WHEN YOU GET HOME: TAKE 1 Prescribed Narcotic Tablet

4 Hours Later: TAKE 1 800mg Ibuprofen: No Tylenol or Aspirin

3 Hours Later: TAKE 1 Prescribed Pain Tablet

4 Hours Later: TAKE 1 800mg Ibuprofen

Alternate Pain Management Schedule for those NOT wanting to take the Narcotic pain medications:

WHEN YOU GET HOME: TAKE 2 Tylenol

3 Hours Later: TAKE 1 800mg Ibuprofen

3 Hours Later: TAKE 2 Tylenol

3 Hours Later: TAKE 1 800mg Ibuprofen (Repeat this for a few days)

If you are unable to achieve a comfortable state, please call us for further advice. If you are given antibiotics, make sure to follow the prescription instruction for the proper dosage. Take the antibiotics until gone or instructed otherwise. The effects of pain medication vary widely among individuals. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. If you anticipate needing more prescription medication for the weekend, you must call for a refill during weekday business hours.

Attn: The makers of Tylenol have changed the maximum recommended dosage for 24 hours to 3,000mg total.

Day 3: You will probably experience the most swelling and the bruising will begin to appear. You may notice bruising under your chin and down your neck and around your eyes. All of this is normal. Drink plenty of liquids. Protein shakes are encouraged. Application of moist heat can begin.

HOME CARE:

- Do not disturb the surgical areas. Try to keep your tongue, fingers, and any other objects away from the surgical sites. You have sutures that need to remain undisturbed for now.
- DO NOT rinse vigorously or probe the surgical sites with any object.
- After 24 hours gentle swishing with warm salt water or prescribed mouth wash is recommended a minimum of 6 times a day and particularly after eating to remove the large particles. You may also be

provided with a large, plastic syringe to squirt water under the prosthetic to keep the surgical area clear of debris.

- You may brush your artificial or natural teeth gently.
- PLEASE DO NOT SMOKE for at least 3 weeks following your procedure, since this is very detrimental to healing. We emphasize not smoking at all for 3 months following your surgery to reduce the risk of implant failure during that critical healing time.
- In most instances self-dissolving sutures are used, so there is no need for them to be removed. They will disappear within 10 days or so. If needed, they can be removed by your surgeon's staff in your follow-up visit.
- Do not panic if you feel loose sutures or string in your mouth.
- For upper jaw surgery do not blow your nose for the 2 weeks period following your procedures.
- We recommend you take a decongestant such as Sudafed for 10 days after an upper jaw procedure.
- If you must sneeze following surgery of the upper jaw, do with your mouth open for the 2 weeks period following your procedures.
- DO NOT use toothpaste for the first 4 days. Dip your tooth brush in water or prescribed mouthwash.
- Begin cleaning under the prosthetic with the plastic syringe you were given the day of surgery. Use the syringe filled with warm salt water or the prescribed mouthrinse after consuming anything other than water. You may brush the prosthesis with a tooth brush to avoid any plaque buildup and staining.

ATTENTION: If you feel any movement of your dental prosthesis please alert us. Most often the cause is loosening of the small screws attaching the teeth to the implants or the temporary filling material to close the screw access hole. Do not panic.

After the First 24 Hours: begin brushing your prosthesis 2 times a day with a soft toothbrush and water and rinse with prescribed mouthrinse. Begin using your water pick, injecting the water at the "transition" zone (using the lowest pressure setting during the initial healing period). We will adjust your bite as necessary at your post-op appointment. Remember: you were sedated and numb, so the bite is commonly off. Please note: the stitches used during surgery are dissolvable and will not need to be removed. Toothpaste use is encouraged and recommended after day 4. Brush the teeth as if they are your own. We highly recommend getting a Waterpik to care for your implants and prosthesis. Your dentist will let you know when you are cleared to start using the Waterpik in place of the plastic syringe.

SWELLING / BRUISING: Swelling and bruising are often associated with oral surgery. It can be minimized by using a cold ice pack, ice bag or a bag of frozen peas wrapped in a towel and applied firmly to the face and cheek adjacent to the surgical area. This should be applied twenty minutes on and twenty minutes off during the first 48 hours after surgery. If you have been prescribed medicine (ie. Ibuprofen or Medrol Dosepack) for the control of swelling, be sure to take it as directed. Do not use ice after the third day unless instructed to. Apply moist heat to discolored skin areas to accelerate the disappearance of the abnormal color. **Do Not apply heat during the first 24 to 48 hours.** Moisten a towel and place in microwave oven until warm (not hot) and place on skin until cool. Repeat as desired until discoloration disappears.

PERSISTENT BLEEDING: You will experience some bleeding over the first few days following your procedure. This is normal. The bleeding should decrease in amount and the color should change from red to brown and then disappear by the 5th or 6th day. If bleeding persists or becomes heavy you may use a tea bag soaked in warm water, squeezed damp-dry and wrapped in a moist gauze for 20 or 30 minutes. Place adjacent to the affected area for 20 minutes. If you continue to experience bleeding for a long period of time that is bright red, please call our office.

If you are prescribed antibiotics and experience diarrhea, stop taking the antibiotic medication and continue the medicated rinse. Notify our office immediately to let us know so we can give you an alternate antibiotic or make another recommendation. If you have developed a yeast infection or thrush due to the antibiotics, call our office and we can prescribe an anti-fungal medication.

MEDICATIONS: Medrol Dose Pack: You may have been given a Medrol Dose Pack. This is a steroid that can help further keep swelling down and provide added pain relief. Diabetic patients are NOT given this unless approved by their treating physician.

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Rinsing should not be started until 24 hours after surgery. Use 1/4 teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least 6 times daily. You will be given a prescription mouthrinse. Please follow the instructions on the bottle and swish for 45 seconds three times a day. Do not rinse with water or eat or drink anything for 45 minutes after using mouthrinse. Do not use commonly available mouth washes such as Scope or Listerine, they contain alcohol which is detrimental to wound healing.

NAUSEA: Nausea is uncommon after surgery but can occur and be unpleasant. Most often the cause of nausea is the prescribed pain medications. Nausea can be reduced by preceding each pain pill with a small amount of soft food and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications but call us if you do not feel better. A bit of Ginger-ale may help with nausea. Do not eat until nausea has completely resolved, then start with light foods and advance as tolerated. If nausea and vomiting persist, please call our office. You will not hurt anything done in your mouth by vomiting.

ACTIVITY: DO NOT exercise or do anything strenuous for the next 2-3 days. Relax and enjoy a leisurely walk or a few good movies at home.

Instructions After the Third Day:

SHARP EDGES: If you feel something hard or sharp edges in the surgical areas, it is likely you are feeling the bony walls which once supported the extracted teeth. Occasionally small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

DIET: If healing denture is hooked up to implants on the day of surgery, you will need to be on a liquid diet for 2 weeks. Ensure/Protein Shakes, blended soups, yogurt, mashed potatoes, juices, cream of wheat (thinned out with whole milk), pureed fruits (applesauce), smoothies, milkshakes, etc.

Eat any nourishing food that can be taken with comfort. Avoid very hot or very cold foods. Do not use a straw for the first few days after surgery. It is advisable, to limit the first day's intake to liquids or pureed

foods (soups, puddings, yogurt, milk shakes, etc.) Avoid foods like nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical areas. Over the next several days you may gradually progress to firmer foods. It is important not to skip meals! If you take high protein, high calorie foods, regularly you will feel better, gain strength, have less discomfort and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor.

You will be on a “modified diet” for the next 3 to 7 months (until you receive your final prosthetic). You can eat anything that you can cut with a plastic fork such as meatloaf, shredded chicken, scrambled eggs, cooked vegetables, mashed potatoes, etc. If you can hear yourself chewing, it’s too hard. Remember, although your gum tissue will appear healed in about 10 to 14 days, the implants that were placed today will NOT be strong for another 3-5 months. Initially the bone around the implants is very soft.

DO NOT BITE ANYTHING WITH YOUR FRONT TEETH: NO SANDWICHES, PIZZA, BAGELS, POPCORN, GUM, NUTS, CHIPS, SEEDS, ETC. BITING WITH YOUR FRONT TEETH COULD CAUSE THE TEETH TO FRACTURE OR CAUSE THE FAILURE OF YOUR DENTAL IMPLANTS.

DIABETIC PATIENT:

Diabetic patients will likely experience **a longer healing period** and, due to the nature of diabetes, delayed wound healing is expected. Please note this may result in sutures being removed a week or two later than normal. More swelling, lack of tissues adhering to the bone and more issues with dentures fitting during the first 2-3 weeks can be expected. We cannot do anything here to accelerate this process. **Diabetic patients need to maintain a tight control on their blood sugar – below 175 at all times the week after.**

Remember: Ice, your prescribed mouthrinse, salt water rinses, and the outlined medication regimen described above will do more for your comfort than anything else. **Please do not use hydrogen peroxide or any other product or medication not mentioned in this post-op sheet.** Unfortunately, most patients that have post-operative difficulties fail to follow the above outlined guidelines in some manner. I wish you a speedy recovery, and should you have any problems or questions, please feel free to call us anytime!

Call us at (405) 803-8166. We are here for you. If you are needing to get ahold of our office after hours, please send a text to the office phone and it will notify us. A phone call to our office after hours will not notify us the way a text message does and it may take longer to hear back from us.