

ALL-ON-4 POST OPERATIVE INSTRUCTIONS

DAY OF SURGERY

EXERCISE CARE: DO NOT disturb the surgical area today. **DO NOT** rinse vigorously or probe the area with any objects. You may brush your teeth gently. Smoking greatly decreases the success rate of the implants placed. Smoking causes inflammation in the gum tissues, prolongs and delays healing, and smokers have a higher failure rate for the devices. We encourage you to stop smoking for the duration of your treatment and ideally permanently to ensure the long-term survival of your implants.

ORAL HYGIENE: It is important to keep the mouth clean. You should brush your teeth the night of surgery but stay away from the surgical sites. Begin saltwater rinse the day after surgery (mix ¼ teaspoon of salt with 8 ounces of water). Swish gently and allow the water to drip into the sink. Rinses should be done 2-3 times a day, especially after eating.

ACTIVITIES: Activities after surgery should be couch or bed rest for the first day. Bending, lifting, or strenuous activity will result in increased bleeding, swelling and pain. Exercise in the post-operative period may also result in increased bleeding, swelling and discomfort. Exercise should be avoided for 3-4 days following surgery.

OOZING: Bleeding will occur after surgery, and it is not uncommon to ooze blood for 24-48 hours after surgery.

SWELLING: Swelling is a normal occurrence after surgery and will not reach its maximum until 2-3 days after surgery. It can be minimized by using a cold pack applied gently to the area adjacent to the surgical site. Cold compress should be applied **10 minutes on and 10 minutes off during the first 24 hours after surgery.** If you have been prescribed medicine for the control of swelling, be sure to take it as directed.

PAIN: Some discomfort is normal after surgery. To minimize pain and swelling take **800mg (4 tablets) Ibuprofen (ex. Advil or Motrin) every 8 hours for the first 3-4 days** post-surgery. Take the first dose before the anesthesia wears off. If prescription pain medication is given, take it as instructed on the label. Do not exceed the dose on the label. Taking medications with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking prescription pain medication. Do not drink alcohol while taking prescription pain medications.

MEDICATIONS: Along with pain medication you will be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed.

DIET: On the day of surgery and 3 days post-surgery **liquid diet**, rich in calories is recommended. Consume any nourishing liquid that can be taken with comfort (Ex. Broth of soups, milk shakes, or other protein drinks rich in calories). **Drink plenty of fluids**, cold is always better than hot. **Avoid** extremely hot fluids and food. Avoid using a straw and smoking, these create suction and may disturb the blood clot protecting the surgical area and delay healing. **DO NOT** eat peanuts, popcorn, potato chips, pretzels, or similar foods until surgical area has healed (usually 4-5 weeks).

INSTRUCTIONS FOR 3-10 DAYS POST-SURGERY:

DIET: Eat nourishing food that can be taken with comfort. **Very soft food (pureed)** diet is recommended during day 3 to day 10 post-surgery (Ex. Soups, any vegetable purees or other pureed food). After the first 10 days you can begin a more substantial diet, still consisting of soft foods (Ex. vegetable purees, soft pastas, very soft breads, pureed meats). You can continue drinking protein and other rich in calories shakes along with your diet. **Drink plenty of fluids**, cold is always better than hot. Avoid extremely hot fluids and food. **DO NOT** eat peanuts, popcorn, potato chips, pretzels, or similar foods until surgical area has healed.

MOUTH RINSES: Keeping your mouth clean after surgery is essential. Use ¼ teaspoon of salt dissolved in an 8-ounce glass of warm water and gently rinse. Repeat as often as you like, but at least two or three times daily, especially after meals. Mouthwashes such as Listerine, Scope etc., **ARE NOT** to be used, the alcohol in the mouthwash will dry out the surgical site and prolong healing.

BRUSHING: Begin your normal oral hygiene routine as soon as possible after surgery. Soreness and swelling may not permit vigorous brushing, but it is extremely important to clean your teeth within the bounds of comfort. Maintaining a clean environment adjacent to the healing surgical site is required for optimum and speedy healing.

HEALING: Normal healing after implant placement should be as follows: The first two days after surgery are generally the most uncomfortable and there is usually some swelling. On the third day you should be more comfortable and, although still slightly swollen, can usually begin a more substantial diet. The remainder of the post-operative course should be gradual, steady improvement. If you do not see continued improvement, please call our office.

DISCOLORATION OR BRUISING: the development of black, blue, green, or yellow discoloration is due to bruising beneath the tissues. This is a normal post-operative occurrence that might appear 2-3 days after surgery. Beginning 36 hours after the surgery, the moist heat applied to the area may speed up resolution of the discoloration.

SUTURES (stitches): Sutures will be placed after surgery, dissolvable or non-dissolvable. Dissolvable sutures dissolve within 7-10 days. Non-dissolvable sutures will need to be removed 10-14 days post-surgery.

BONE FRAGMENTS: During the healing process, small fragments of bone may loosen and work through the tissue after surgical extraction. Also, if bone has been placed in the extraction site, or around implant(s), small fragments of that bone may work their way out.

COMPLICATIONS: If prolonged or severe swelling, pain, bleeding or high fever is present or persists, you should contact our office to address the issue. Some increase in body temperature, 100-101 degrees is not unusual for a couple of days post-surgery.

In case of emergency, questions or concerns please call our office at (908) 665-2300.