



Amogh Velangi D.D.S

ALL-ON-4 POST-OPERATIVE INSTRUCTIONS

If you experience any extreme pain or redness please call the practice. If you believe you may have a medical emergency, seek emergency care, or call 911 immediately.

Immediate Post Op Period: (24 hours after surgery)

- Your lip, tongue and cheek may be numb for up to twenty-four (24) hours or longer in some cases.
 - Maintain pressure on the gauze, but be careful not to bite the numb areas. •
- Avoid hot foods and drinks for 48 hours.
- It is common to have a nose-bleed during this 24hr period.
 - You may also have oozing or intermittent bleeding from the surgery site. • The medication given to you in the IV and prescribed pain medication can make you feel dizzy and impair judgment.
 - If you received IV sedation or are taking prescription pain medication, for the next 24 hours: do not stay alone, drive, operate machinery, make critical decisions, or care for children.
 - It is advisable to have someone help you while walking, climbing stairs or using the restroom during this time.
 - It is advisable to have someone at home with you to assist you for the first 24 hours. •
- No straws for 10 days after surgery.

Apply ice to the treatment area, alternating 15 minutes on, and 15 minutes off. Do this for the first 8 to 10 hours after surgery.

Initial Healing Phase: (3-5 days after surgery)

- It is common to have swelling, bruising and tenderness around the face. • It is common to have a sore throat, cracking or soreness at the corners of your mouth. • It is common to have bruising under your chin, down your neck and bruising under your eyes. Use a warm compress to help the bruising go away.
- Your level of pain and discomfort should decrease daily.

- It is common to have a nose bleed.
- Expect blood-tinged saliva (spit).

Swelling:

Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face at 15 minute intervals for the remainder of the day. Moist heat such as a warm, wet wash cloth, will aid in reducing swelling after the first 48-72 hours.

Swelling usually reaches its maximum within the first 72 hours post-surgery and then slowly decreases.

Bruising:

Bruising sometimes occurs after implant surgery. Bruising often develops a few days post-surgery and may be located either above or below the area that implants were placed. This is normal and typically resolves after the first week.

Personal Hygiene:

An All-on-4 prosthesis sits firmly on your gums. Therefore, you need to maintain a strong hygiene routine such as brushing, flossing, and rinsing in order to help clean under your prosthesis. After two weeks you may begin to use a water pick (settings on low) and floss.

Brushing:

Do not brush your new teeth for 24 hours. After that time, you can gently brush your new teeth with a soft bristle toothbrush, staying away from your gum tissues. Do not use an electric toothbrush.

Mouth Rinses: Usually needed up to 10 days after surgery

Proper mouth rinsing can speed healing and keep your mouth feeling fresh and clean.

Warm Salt Water Rinse – Starting the 2nd day after surgery, use warm saltwater rinses after each meal. Dissolve 1 teaspoon of salt into 6-8 ounces (or $\frac{3}{4}$ to 1 cup) of warm water. Swish and spit out, continuing until you have finished the entire glass. Use the warm salt water rinse after meals for 10 days after surgery, or as directed.

At your two week post-op appointment you may receive a Prescription Mouth Rinse (Peridex or chlorhexidine gluconate 0.12%)- Gently rinse with Peridex mouth rinse two times a day for 10 days. Do not eat or drink for 30 minutes after. Not all patients will be prescribed this rinse by the oral surgeon.

Sinus Precautions:

In some patients, implants are placed or teeth were extracted in or around the maxillary sinuses, which are near your upper jaw. Any increases in oral, nasal or sinus pressure may create an opening from your mouth into your sinuses or prevent an already existing opening into your sinuses from being able to properly heal or close. To aid healing of your sinuses and implants, you must adhere to the following instructions for two (2) weeks after surgery:

NO NOSE BLOWING**NO CLOSED-MOUTH SNEEZING**

If you had surgery in your upper jaw, we recommend that you use an over-the-counter decongestant to help your sinuses remain open and clear during the healing process. Ask your Doctor if you had surgery near your sinuses and if you need the decongestant.

Medications (as directed):

Within 24 hours, please resume your regularly prescribed medications. If you have been prescribed medication from Valley Oral Surgery Center, please take it as directed.

NOTE: If you develop a RASH, HIVES, ITCHING, or DIARRHEA when taking antibiotics or pain medication, STOP taking them right away and call the office immediately. If you have DIFFICULTY BREATHING stop taking the medication and seek emergency care immediately by going to the hospital emergency room or dialing 911.

Nausea:

Nausea is not uncommon after IV sedation or when taking prescription pain medications. Nausea may be reduced by eating a small amount of food prior to taking your pain medication. If you were prescribed anti-nausea medication, you may take it as directed.

Smoking and Alcohol:

Avoid smoking and drinking alcoholic beverages for at least 7 days after surgery. Smoking may dry out the tissues and delay healing. Smoking can also cause you to bleed more and for longer periods of time.

Activity:

For your safety, we recommend that you have a responsible adult stay with you for at least 24 hours after surgery. Refrain from exercise, heavy lifting and any physical activity for the first week following surgery. Elevation of heart rate and blood pressure may promote bleeding and delay healing. After the first week, and based on the doctor's discretion, patients may ease back into physical activity.

Diet:

Initially after surgery, be sure to drink plenty of fluids and eat soft, nourishing foods. Protein shakes are encouraged. Avoid hot foods or hot drinks for the first day after surgery. Additionally, avoid foods that are spicy, acidic or have sharp edges. **It is important not to skip meals.** If you eat regularly, you will feel better, gain strength, have less discomfort and heal faster.

First Post-Op Check:

We will see you back in the office as scheduled, usually in 7-10 days. This is very important appointment. At this appointment, we will show you how to clean around your implants and describe any special items you should use for your homecare. We will also check your bite to make sure your teeth are hitting correctly.

Congratulations on your new smile! Get plenty of rest and take care of yourself over the next few weeks. Do not hesitate to call us if you need us. If you call the office after our regular business hours, please listen carefully to our contact instructions so that we may assist you with your needs.

NOTE: You can expect to be uncomfortable for the first 3 days after surgery. After the third day, discomfort generally lessens, with progressive improvement thereafter.

REMEMBER: We are concerned about your well-being. If you should experience any difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, or any pain that is not managed with prescribed medications, please contact us immediately at the following contact number:

Scottsdale location: 480-878-7717

Phoenix location: 480-878-0318

****NO CHEWING, BITING,**

TEARING SOFT DIET**

SUGGESTIONS

All food must be lukewarm to cool for the first 48 hours after surgery

- **Soups: with small, soft pieces of vegetable and or meat**
- **Eggs: poached, scrambled, soft boiled or cooked •**
- Grits**
- **Cream of wheat/oatmeal**
- **Cottage Cheese**
- **Yogurt**
- **Gelatin deserts, pudding, custard**
- **Mashed Potatoes**
- **Pasta**
- **Applesauce**
- **Fruits: soft or ripe, bananas, peaches or melons**
- **Broiled Fish**
- **Roasted/Stewed Chicken**
- **Ice Cream, sherbet, or frozen yogurt**
- **Pancakes/muffins**
- **Canned/potted meat**
- **Smoothies/protein drinks**
- **Mashing foods with a fork**
- **Blended foods**