



POST OP INTRUCTIONS FOR YOUR IMMEDIATE FULL ARCH PROVISIONAL

Even though you are leaving with a fixed set of teeth today, please understand the implants that were placed this morning are not completely healed and the bone has not completely formed around the implants. Because of this, it is imperative for the next 3 months you maintain a conservative soft diet; even though, more than likely, you will feel like you are fine to eat whatever. The following list is not complete in nature but instead a guideline of our recommendations:

Bleeding:

In most cases, there will be minimal bleeding since the wound is often closed with sutures. If used, the sutures are usually the dissolving type which will fall out on their own 5–10 days after surgery. Some bleeding and oozing may be expected during the first 24 hours. Avoid vigorous chewing, spitting, or rinsing your mouth or sucking through a straw for 24 hours. Allowing the tissues to rest undisturbed assists the healing process. Avoid continually pulling at your lip to check the operative site.

Swelling:

Swelling may be at a maximum about 2 or 3 days after surgery. Keeping your head elevated (in a recliner or on several pillows) will reduce swelling. Ice packs applied continuously are helpful for the first day or so.

Oral Hygiene:

The day following your procedure, it is recommended that you begin rinsing your mouth with warm saltwater rinses (1 teaspoon of salt in a glass of warm water). Continue rinsing with the saltwater mixture approximately 3 or 4 times a day over the next few days following your surgery. Brush your teeth and gums as normal except be gentle in area where procedure was performed. Do not use a Waterpik® or like device or hydrogen peroxide rinses for at least 2 weeks following surgery.

Diet:

The day of your surgery, start with nourishing liquids and soft/colder foods, such as ice cream, pudding, yogurt, etc. Avoid extremely hot foods, and do not chew immediately over the surgery area. Avoid straws for the first 24 hours.

Soft Foods recommended for the first 4 weeks:

- Mashed potatoes
- Soups
- Oatmeal
- Yogurt



KC DENTAL IMPLANTS
& ORAL SURGERY

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After the first 4 weeks your soft diet may include soft foods with more texture but it is critical it still remains soft:

- Fine Ground Beef
- Enchiladas
- Cooked Vegetables
- Baked Potato
- Pastas
- Fruits you do not have to bite into (no apples)

- **Wait on all hard foods for 4 months:**
- Hard candies
- Apples
- Raw vegetables
- Anything with seeds or kernels

Activity:

Limit physical activity during the first 24–48 hours after surgery. Overexertion may lead to post-operative bleeding and discomfort. When you lie down, keep your head elevated on a pillow. You may wish to place a towel on your pillowcase to avoid staining from any blood-tainted saliva.

Smoking:

It is advisable that you refrain from smoking for at least 3 days after the surgery, as this increases the risk of infection and may delay healing.

Pain Initially:

You may have some discomfort; Tylenol® or a non-steroidal anti-inflammatory (ibuprofen, Advil®, Motrin®, or Aleve®) may be used for pain. The pain will gradually diminish. If medication was prescribed, use it according to the directions as needed. Make sure you get some type of food or a drink in your stomach before taking your prescription pain medication, as otherwise, it can make you feel nauseated.

Dental Prosthesis:

As was discussed at your pre-operative visit, partial dentures, flippers, or full dentures should not be used after surgery unless otherwise advised by your doctor.

Post-Op Visits:

It is important to return for your post-op visit, generally scheduled 1–2 weeks after treatment. Contact our office if you have questions or problems before that time.



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