



## Mechanicsville FAMILY DENTISTRY

### Post-operative Instructions: Removable Implant Denture

#### What to do after surgery:

1. The Day of the Surgery
  - a. **ICE** - Apply ice for 30 minutes on, then 30 minutes off until bedtime. Only continue the ice the next day if swelling continues to increase. Typically, the swelling will peak the first morning after surgery and ice will not be needed after the day of surgery.
    - i. Some patients use a large bag of frozen peas, or their own form of ice pack. Whatever works best for you is fine, just try to keep the ice conformed to your jaw during the 30-minute intervals the day of surgery.
2. Rest at home and take it easy for the first 72 hours following surgery.
3. If you had general anesthesia or I.V. sedation, you may experience light-headedness, dizziness, and sleepiness following surgery. A responsible adult should stay with you for 12 hours after surgery.
4. Please refrain from pulling on your lips or cheeks to inspect the surgical sites. This action could tear your sutures or delay healing.
5. Take your prescribed medications as directed

#### How much swelling and pain is to be expected?

Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face at 30 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. You can expect to be uncomfortable for the first 3 days after surgery. After the third day, discomfort generally lessens, with progressive improvement thereafter.

#### Will there be 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.

#### When can I return to exercise?

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.

## Alcohol and Smoking

Alcohol is strictly prohibited for the first few days and best if taken only sparingly for the next 3 weeks. Alcohol inhibits healing which is most critical for 3 weeks post op. If you can abstain for the first 3 or 4 weeks, do.

Regarding tobacco: please do not smoke the week before and for three weeks after your surgery. We seldom recommend heavy tobacco users have complex implant procedures done because it increases the chance of implant failure. If you cannot stop smoking altogether, expect some compromise of early healing. Research clearly shows that implant patients that smoke 1/2 pack per day or more have a significant increase in implant complications and failure.

## Oral hygiene maintenance procedures:

During the first week, use the provided Monoject syringe to gently clean underneath your prosthesis. After two weeks you may begin to use a water pick and floss. Brush your teeth daily. Rinse gently with prescription rinse starting 24 hours after the procedure.

## What can I eat after surgery?

It is extremely important to be on a soft diet for the first 3 months of healing. During this time, your implants are integrating, and you're wearing a temporary prosthesis that is not meant to be used to chew hard or crunchy foods.

## What are some examples of acceptable foods to eat?

Acceptable foods are soft and easy to chew and swallow. These foods may be chopped, ground, mashed or pureed. This diet should be followed for the first 3 months after your surgery.

<b>Fruits/Vegetables:</b> <ul style="list-style-type: none"><li>• Apple Sauce</li><li>• Cooked fruits or ripe fruits</li><li>• Canned fruits without skin or seeds</li><li>• Well-cooked soft veggies</li></ul>	<b>Meats And Other Protein Sources:</b> <ul style="list-style-type: none"><li>• Broiled Fish</li><li>• Roasted/Stewed Chicken</li><li>• Soups with small soft pieces of vegetables and meat</li><li>• Tofu</li></ul>
<b>Breads/Pasta/Rice:</b> <ul style="list-style-type: none"><li>• Soft Loaf Bread</li><li>• Pancakes</li><li>• Muffins</li><li>• Waffles</li><li>• Macaroni/Pasta/Rice Pasta</li><li>• Oat Meal/Cooked Cereal/Cream of Wheat</li><li>• Mashed Potatoes</li></ul>	<b>Other:</b> <ul style="list-style-type: none"><li>• Pudding/ Jell-O/ Yogurt</li><li>• Ice Cream</li><li>• Protein Shakes</li><li>• Scrambled eggs</li></ul>

## **HOW TO TAKE YOUR POST OP MEDS & STAY AHEAD OF THE PAIN**

You will be given antibiotics and steroids prior to the surgery (to control inflammation, pain, and swelling). These are a great aid in controlling post-operative pain and complications. Finish the regime as prescribed.

Once you get home, starting about 3 hours after your surgery, begin taking Advil (ibuprofen) - 4 tablets (800 mg) with 1 Extra Strength Tylenol (acetaminophine- 500 mg) , 4 times a day. A good rhythm to get into is to take them at breakfast, lunch and dinner time and then just before bed. This combination takes advantage of their synergistic combination and will control MOST post op pain. If you drink alcohol every day or have any form of liver compromise, or are over the age of 65 years old, we may decrease the Tylenol dose. Let us know if this pertains to you.

Finally, if pain persists, substitute 1 Norco tablet instead of Tylenol. Do not take both Norco and Tylenol together, this could cause liver toxicity.

### **NAUSEA:**

Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting you may need to stop the pain medications or take an additional anti-nausea medication.

### **Sharp Bony Edges:**

You may feel hard, sharp areas on the surgical site. Leave it alone, never pick at it or scratch it. Notify the office staff on the post-operative check-up.

### **PERIODIC POST OP CHECKS:**

These appointments are very important to the overall success of the procedure.

The first check will be scheduled at the time of your pre-op review phone call and is usually 1-3 days post procedure. The frequency of the others will be determined at each follow up appointment. This will be based on each patient's recovery process.

**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. An All-On-4 prosthesis sits firmly on your gums. Therefore, you need to maintain a strong oral hygiene routine such as brushing, flossing, and rinsing in order to help clean under your prosthesis.

In case of emergency or questions. Please call our office directly at 804-417-7788 for any questions.

