



Full Arch Post-operative Instructions

Sedation Instructions

- Patient may sleep for a long time or may be alert when he/she leaves. Attend to both alert and sleepy patients in the same manner. Don't trust him/her alone.
- Call us if you have any questions or difficulties. If you feel that your symptoms warrant a physician and you are unable to reach us, go to the nearest emergency room immediately.
- Patient should not carry, sleep next to or be left alone with the elderly or young children for a period of no less than 24 hours after the last dosage of medication.
- A responsible person should be with the patient until he/she has fully recovered from the effects of the sedation.
- Patient should not go up and down stairs unattended. Let the patient stay on the ground floor until recovered.
- Patient can eat but must stay on the restricted liquid diet for two months following surgery.
- Do not operate any hazardous devices or lift heavy items for 24 hours.
- Patient needs to drink plenty of fluids as soon as possible.
- Patient cannot drive for 24 hours after sedation.
- Always hold the patient's hand while walking.

Office phone number: 919-460-9665 | Mobile, Dr. Robert Stanley 919-272-7006

Surgery - What to Expect:

Some discomfort, bleeding and/or swelling are expected after having dental implant surgery. If the upper jaw was treated, it is common to feel a "bubble" on the roof of the mouth, this is normal and will disappear with healing. Another common side effects is bruising of the cheeks, which is completely normal and will heal with time.

The following are guidelines to promote the healing process and following the instructions will lead to a quicker recovery. Some blood is normal; however, call us if dark red heavy bleeding persists for more than 24 hours or increases at any point. Blood mixed in with the saliva will appear pink in color. This is normal. To promote blood clotting, follow the instructions below for the next 24 hours.

- Do not swish or vigorously rinse you mouth for the first week following surgery. If you need to spit, open your mouth over the sink and let your saliva fall out of your mouth. Your tongue may be wiped with gauze or a washcloth. If prescribed a mouth rinse, rock your head side to side and allow the rinse to paint the inside of your mouth. After rinsing, express the excess by opening your mouth over the sink. Do not spit or swish.
- To keep the blood clot intact, avoid touching the extraction sites with your fingers or tongue. Suture material may last 2 to 3 weeks and should be left alone. You will be asked to return to the office for a 2 week follow-up appointment. Any sutures remaining at that time may be removed at your provider's discretion. Do not pull or cut the sutures yourself.
- Keep your head elevated with pillows and avoid excessive activity for the next 24 hours.
- Avoid smoking. You will have a **CATASTROPHIC OUTCOME** if you smoke.
- Avoid spitting, blowing your nose forcefully, or using a straw.
- Avoid drinking alcoholic beverages for 24 hours.



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Discomfort

Following your surgical procedure you may experience some pain, depending on your pain threshold. You will be provided with medication for discomfort that is appropriate for your case. In most cases, a non-narcotic pain regimen will be given, consisting of acetaminophen (Tylenol) and ibuprofen (Advil). These two medications taken together have been shown to be as effective as a narcotic without any of the negative side effects associated with opioid medications. Take 500 mg of acetaminophen (Tylenol) and 400 mg of ibuprofen (Advil) at the same time every 4 hours as needed for pain.

If we have given you a prescription for stronger pain medication, you may take one tablet when you arrive home. Then follow the directions for the prescription found on the bottle. **DO NOT** combine over-the-counter pain medication with your prescription. If you have any questions about these medications interacting with other medications you are presently taking, please call our office, your physician and/or your pharmacist.

To avoid nausea, do not take any medications on an empty stomach. If prescribed, take any antibiotic and anti-inflammatory medication as it will help the area to heal.

Swelling

Some swelling should be expected. If this happens, it will be greatest in the first 48 to 72 hours following surgery. To minimize swelling, place an icepack on the side of your face, 20 minutes on and 20 minutes off. It is important that this be done the **FIRST DAY ONLY**. Do not use ice after the first day, as it will impede the healing process. We recommend that you do not exercise for the first 48 hours following surgery as it can lead to increased swelling. If possible, an elevated headrest (extra pillows) should be used during the first two nights after surgery. If steroid medication is prescribed, take it as directed. It is best to take steroid medication in the AM, as some patients experience a heightened energy level. It is very important to finish all prescriptions as instructed.

Diet

For the first **TWO MONTHS** you should only take in fluids. Drink at least 8 large glasses of water or juice per day for the first few days. Vitamin C aids in healing, therefore, fresh orange or tomato juices are excellent after the first 2 weeks of healing. Be sure to stick to a nutritious diet during the healing period. Studies show that people who consume well balanced meals are less stressed and therefore less susceptible to pain. An additional list of recommended diet items is listed below. **Avoid smoking and alcohol consumption. YOU WILL HAVE A CATASTROPHIC OUTCOME IF YOU SMOKE.** At the start of month three you may start to introduce soft foods that you are able to mush with your tongue but still avoid chewing until the end of month three. You will have a **CATASTROPHIC OUTCOME** if you chew on your implants before month three.

HOW TO BLOCK
PAIN

400Mg ADVIL
500Mg TYLENOL
TOGETHER
EVERY 4 HOURS



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Oral Hygiene

Starting day two after surgery, brush your teeth 2-3 times a day. Be careful of the gums. Do not start a Waterpik or Hydro Floss until 3 weeks after surgery, unless directed to do so sooner by your provider.

- Day 1– (Day of surgery - first 24 hrs after surgery) Do not rinse or brush your teeth. Do not spit.
- After Day 2 – Brush your teeth, 2-3 times a day, avoid touching or brushing around the surgical sites.
 - Begin rinsing gently using a glass of warm salt water (1/2 teaspoon per cup). Repeat rinsing 2 times a day. **DO NOT** swish vigorously. Continue for 1-2 weeks.
 - If you have a non-fixed denture then remove it, rinse and clean the inside of the denture. **DO NOT** remove your denture until after day 2. After day 2, **DO NOT** sleep with your denture. Once provider instructs you, start brushing implants and keep shiny.
 - Do not brush your gums until directed by your provider.
- After 6 Weeks – Brush teeth and gums normally 2-3 times per day. Use Waterpik or Hydro Floss to clean under screw-retained prosthesis 2 times per day.
 - If you have a non-fixed denture remove it during the evening while sleeping. **DO NOT** sleep with the denture in place. Brush your dentures using your toothbrush or soak it in denture cleaner. (Follow instructions on cleaning material package.) Brush your implants with toothbrush, keep them shiny.

Additional Information

- If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with an ointment such as Vaseline if needed.
- Sore throats and pain when swallowing are not uncommon. The muscles get swollen and the normal act of swallowing can become painful. This will typically subside in 2 to 3 days.
- Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days. Do not force your mouth open. Massage the muscles and apply moist heat after day 1.
- With upper jaw implant treatment, you may develop bleeding from the nose. This is usually a temporary finding and typically will not persist past 2 to 3 days. Follow sinus precautions supplied to you if applicable.
- Your case is individual as no two mouths are alike. Discuss all questions or concerns with your implantologist or implant coordinator.

IF YOU ARE HAVING ANY PROBLEMS, PLEASE CALL US AS SOON AS POSSIBLE.

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Recommended Foods (Anything that does not require chewing!)

- Juices (cranberry, apple, grape-- avoid citrus for the first two weeks, such as tomato, orange, grapefruit)
- Hearty Soups/Broth (cream of asparagus, lentil, minestrone, split pea)
- Protein shakes (can blend plain peanut butter for protein)
- Soft fruits (banana, papaya, canned peaches or pears)
- OVER COOKED Pasta with sauce only-no meat
- OVER Cooked veggies (ex. super soft carrots)
- Oatmeal/cream of wheat/cooked grits
- Fish (soft white fish, baked, not fried)
- Ice cream /milkshakes/sherbet
- OVER COOKED Rice/risotto
- Eggs (scrambled lightly)
- Mashed sweet potatoes
- Yogurt (soft or frozen)
- Avocados-mashed
- Mashed potatoes
- Cauliflower Mash
- Pudding/custard
- Cottage cheese
- Fruit smoothies
- Applesauce
- Bone Broth
- Herbal tea
- Popsicles
- Jell-O
- Tofu

DO NOT EAT (Anything that requires chewing!)

- Foods that require chewing (steak, poultry, deli meats)
- Popcorn, pretzels, potato chips, nuts
- Crusty bread, bagels, cookies
- Spicy foods

On day of surgery, begin with clear fluids(juice, lukewarm broth, tea, Jello) and then progress slowly to more substantial foods listed above. Remember, it is important to maintain nutrition for optimal healing. You will have a **CATASTROPHIC OUTCOME** if you chew on your implants.