



Pre-Operative Instructions

Things to get ahead of time (*Getting ready for your procedure*):

- Get your prescriptions filled and have them ready
- Ice packs (or frozen bags of peas)
- Advil (ibuprofen) and Tylenol (acetaminophen) if you are able to take them
- Extra gauze
- Liquid and soft foods- see the Eating after Surgery section below for suggestions
- Clothes to wear to your procedure. Loose fitting, comfortable clothes that you don't mind possibly getting dirty.
- Extra pillows to prop you up so you can sleep in an elevated position.
- Call pt and let them know what time to arrive
- **NO** jewelry/**NO** acrylic nails/**NO** makeup or lashes/**NO** metals/**NO** tight or compression clothing
- Bring a blanket/undergarment or dependence pad
- It is **MANDATORY** to have a ride and stay until you are sedated
- **NPO status** needs to be only clear liquids and food up until 8 hours prior the surgery day (nothing past midnight) and you may have a sip of water 2 hours prior the surgery

Post Operative Instructions

Things you can expect after surgery:

1. Minor bleeding is expected after dental surgery. Blood will mix with spit and appear to be more than is actually there.
2. The best way to stop bleeding is to place a damp piece of gauze in the mouth between the teeth and gently bite on it for 20 minutes at a time. If bleeding remains persistent, you can dampen a tea bag and wrap it in a moist gauze. Pink or blood-tinged saliva up to 48-72 hours after surgery does not indicate a problem.
3. Avoid hard spitting, bending over, or sucking through a straw for the first week. Avoid rinsing your mouth the day of surgery so that you don't stimulate bleeding.
4. If there is no active bleeding, then you can leave the gauze out.
5. Do not blow your nose for 2 weeks following your procedure but instead gently wipe your nose as needed. It can be normal to have a few drops of blood come out of your nose or to feel sinus congestion. For sinus congestion, we recommend taking a decongestant such as Sudafed for 10 days following surgery. If you have to sneeze following upper jaw surgery, do it with your mouth open for 2 weeks.

Pain /Discomfort

6. Like most surgical procedures, you can expect to experience some degree of discomfort. The most discomfort can be expected the first night of surgery after the local anesthetic (numbing) has worn off. You can expect to experience discomfort for the first 3 days after surgery. After the third day, the discomfort generally lessens and progressive improvement can be expected thereafter which usually takes about a week or 2.
7. It is best to stay ahead of controlling pain rather than catching up with pain. If a narcotic pain medication is prescribed, take it as directed. Narcotic pain medication will make you drowsy so do not drive or operate machinery while taking these medications. Swelling
8. If you are able to take NSAIDs (Ibuprofen, Motrin, Advil), you can alternate these drugs with your narcotic pain medication. As soon as you feel that you can stop the narcotic pain medication, you can switch to over the counter Tylenol and Ibuprofen. Consult with your physician about taking NSAIDs if you are on blood thinners.
9. Do not take Tylenol with prescription pain medication as it already contains some Tylenol.
10. It can be beneficial to eat or drink a protein shake prior to taking pain medication to prevent nausea. If you have severe nausea or vomiting, you may need to stop the narcotic pain medications or take an additional anti-nausea medication.

Swelling

11. Swelling is the body's normal reaction to surgery and can be seen around the mouth, cheeks, eyes, and sides of the face. Swelling will become apparent in the first 24 hours but will peak around 48 hours. After this time, the swelling will start to subside over the next week. (this is where ICING comes in handy)
12. Swelling can be minimized with the application of ice packs or a frozen back of peas to the outside of the face for 30 minutes on and 30 minutes off while awake for the first 48 hours. Ice packs can also provide some pain relief.
13. Keeping your head elevated by staying in a semi-reclined position can help reduce swelling after surgery. Heat can be applied to the area after 48 hours.
14. In some instances, swelling may place pressure on nerves resulting in prolonged numbness in the area. This will normally begin to improve over the next few days and will usually subside completely within a few weeks.

Discoloration/Bruising

15. In some cases, discoloration or bruising of the skin can follow swelling. The discoloration can be black, blue, green, or yellow. Bruising can be noticed in the face and even in the neck and chest areas.
16. Heat can be applied to the area after 48 hours to help promote removal of the discoloration.
17. Every patient is different and bruising is typically more noticeable in older patients or those regularly taking blood thinners.

Increased Salivation

18. This is your body's natural reaction to a foreign body (your new teeth!) in the mouth. At first, your body thinks you have food in your mouth. This usually subsides within 72 hours.

Sutures

19. Dissolvable sutures are placed to aid the initial healing of the gums after surgery. The sutures will dissolve and come loose over the first 1-2 weeks.
20. If any sutures come out within a few days, this is no cause for alarm. Any remaining sutures can be removed at your 2 week post op appointment. Please refrain from pulling or cutting the sutures yourself.

Stiff jaw and jaw muscles

21. After 48 hours, apply heat (ex: warm, damp washcloth or heating pad) and gently massage the area

Caring for yourself after surgery:

1. Take it easy for the first 72 hours after surgery. Get as much rest as possible. Do not do anything too physically exerting for the first week. Physical exertion can promote bleeding and delay healing. No working out at the gym, no heavy yard work, no heavy exertion at your job. Try to keep your head above your heart. After the first week, you can start slowly adding physical activity. Don't rush things, start slow and build up.
2. Take your prescribed medications as directed.
3. You may feel strange due to the sedation medications given to you before and during your procedure. You may experience light headedness, dizziness, and sleepiness following surgery. This typically subsides within 24 hours but in some people can persist for days. Do not drive or operate while under the influence of sedation medications.
4. Don't pull on your lips or cheeks to look at your surgical areas or teeth. We know that it's exciting and interesting to inspect everything, but putting strain on your sutures/stiches and surgical sites could cause unwanted effects.
5. Stay hydrated- drink plenty of water. Your body needs it as you heal
6. **DO NOT** drink using a straw for the first week.
7. **DO NOT** smoke. We highly recommend quitting smoking before starting this procedure. Smoking increases the risk of dry socket, delayed healing, and increases the likelihood of complications or failing of your implants.
8. **DO NOT** drink alcoholic or carbonated beverages for the first week.
9. If you had an IV placed during your procedure, the arm vein can become hard and tender. If so, apply moist heat to the area for one hour, three times a day for three days. If there is no improvement after 3 days, please contact our office.

Antibiotics and Contraception - Contraceptives may be ineffective while taking an antibiotic. Use extra protection when taking antibiotics.

Eating after surgery

While you will be able to eat with your new teeth right away, it is important that you maintain a softer diet during the healing period (typically 4-6 months). This is to minimize the stress put on your implants while they integrate with your jawbone and to put minimal stress on your temporary teeth. Your temporary teeth are durable, however they are not made to chew hard or crunchy foods. Your diet should start out mostly liquid and then progress to a soft food diet.

Recommended foods:



First 24 hours- Liquids only, Should be cool or room temperature. Avoid anything hot as it could irritate your surgical sites and stimulate bleeding. Remove gauze before eating. Examples include:

- **Dietary supplement drinks**
(Ensure, Boost Nestle Resource, Carnation, etc.)
- Yogurt
- Pudding
- Apple sauce
- Finely blended smoothies
- Milk and protein shakes
- Ice cream/frozen yogurt without seeds

First week - We recommend maintaining a very soft diet during the first week. Foods you may

add to the above list include:

- Soups/broth, strain out solid pieces
- Mashed potatoes
- Scrambled eggs/soft boiled eggs
- Oatmeal
- Gelatin (Jell-O)Smoothies
- Pureed vegetables can be added to smoothies

Week 2 and beyond- At this point, most of your soreness should be gone and you can begin eating soft foods. You should still avoid anything hard or crunchy, anything that takes a long time to chew up, and anything that requires significant chewing force.

- Soft cooked pasta/macaroni and cheese
- Soups with soft cooked vegetables
- Soft cooked vegetables
- Pancakes
- Fish (no bones)
- Tender chicken
- Pot roast
- Avocados
- Bananas
- Sloppy joes
- Chili
- Soft bread
- Potato salad
- Refried beans

***A good rule of thumb is that starting week 2, you can eat anything that you can easily cut with the side of a plastic fork that does not contain bones, seeds, or hard particles. Stay away from crunchy, hard, and chewy foods.** Once you have your finals, you may eat anything you want within reason.

Oral Hygiene and care for your new teeth:

First 24 hours

1) Do not brush your teeth, do not rinse your mouth, and do not spit hard.

After 24 hours to week 3

1) You may switch over to a non-alcoholic mouthwash as the medicated one is only meant for right after surgery, it can cause discoloration if used longer than 2 weeks.

2) Gently brush the “tooth” part of your teeth. Avoid using toothpaste for the first week. Instead, dip your toothbrush in the prescribed medicated mouth rinse. Do not brush where the prosthesis meets the gums for the first 3 weeks after surgery.

3) The day after surgery, gently rinse your mouth with your prescribed mouthwash (morning and night) and optionally, warm salty water (1/2 teaspoon in a cup of water) up to 4 times a day. DO NOT swish vigorously. Simply let the rinse roll around in your mouth. This will keep the gums clean while they are healing.

After week 3

1. You can now brush all surfaces.

2. Now is also the time to begin using a water flosser (waterPik) to clean under your prosthesis. Start with the lowest strength setting. You should do this multiple times per day, especially after meals, from here on out.
3. You can increase the setting by “1” each week and adjust for comfort. The goal is not necessarily to get to the highest setting but rather to thoroughly clean under your prosthesis while remaining comfortable. If any discomfort is present, you can return to rinsing with a non-alcoholic mouth rinse for another week.
4. **This should be a normal part of your daily hygiene and is crucial to the long-term success of your implants and teeth. DO NOT SKIP USING YOUR WATERFLOSSER/WATERPIK**

Consistent follow-ups with your dentist once or twice a year are also crucial to the health and longevity of your new implant teeth. At a minimum, it is recommended to have your new teeth and implants professionally cleaned twice a year. It is recommended that we remove the teeth at one of these cleanings. The small screws in the teeth that screw your new teeth into your implants will need to be changed every year or two.

Adjusting to your new teeth

Your implant prosthesis may feel bulky and foreign in your mouth at first. Your speech may also feel a little strange at first. This is normal and this feeling subsides over the coming weeks as you become acclimated to your new smile. Practice speaking with them as much as possible, especially “S” words like Mississippi. Most patients adjust to speaking with their new teeth within 1-2 weeks of surgery. Also, the finals are often thinner, taking up less space in the mouth, and making for easier speaking. Remember, these new teeth are only temporary so any desired changes/improvements will be made after healing has occurred.

Initial smile - Swelling and numbness right after surgery will affect your ability to fully smile and evaluate the new teeth. Please be patient as we will evaluate your new smile over the coming Weeks.

Fewer teeth in the temporary phase – In some cases your temporary bridge will have less teeth than your final bridge. This is done to relieve stress on your new implants during the healing phase. After healing, your implants and final bridge will be strong enough to support more teeth.

Potential for breaks- It is possible for your temporary bridges to break. If this does happen don't worry. They are quick and easy for us to repair. Your permanent bridges will be stronger.

Night guard- After 2 weeks of healing, a night guard will be made for you. We have found that wearing a night guard decreases stresses on dental implants and temporary teeth significantly. It is important for you to wear your night guard every night after it is given to you (typically 2

weeks after surgery). Keep your night guard in the supplied case, particularly if you have pets.

Follow-up appointments- During follow-up appointments, your dentist will make adjustments to the bite to make sure you are comfortable and that the teeth are functioning properly. It is important to attend all follow-up appointments so that we can monitor your healing.

Finals- You will wear your temporary teeth for about 4 months before the final bridge is made. Your finals will be made over multiple appointments to ensure the best possible fit, contours, and positioning of the teeth. You will have the ability to preview and approve of the final teeth. In rare instances, we are not able to place immediate teeth on your implants. This would be in cases of very poor bone quality where the stability of the implants is not high enough for immediate function.

Things to remember:

No two mouths are alike. Well-intended advice from friends, family, or the internet may not apply to your situation so please bring any questions or concerns to our attention. We care about your well-being and success with your new teeth.

You're going through a major transition with the All-On-X Teeth in a Day procedure. While you should expect there to be some discomfort and some frustration during the healing phase, it will all be worth it when you're eating, speaking, and smiling with your new teeth. We want to thank you for trusting us with your smile and with your health, and if you have any concerns, Please don't hesitate to contact us.