

## **ALL-ON-FOUR POST OPERATIVE INSTRUCTIONS**

The placement of a dental implant can be very simple or may be complicated depending on the circumstances of your case. Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully. You must be careful not to chew with a normal diet on the implants during the entire healing phase until the tooth is placed on the implant.

- **Tuck gauze at surgery site for an hour.** After this time, the gauze should be removed and discarded and replaced by new gauze. Refer to the BLEEDING section for specific details.
- **Avoid vigorous mouth rinsing or touching the wound area the day of surgery.** This may initiate bleeding by causing the clot that has formed to become dislodged.
- **To minimize any swelling, place ice packs to the side(s) of your face where the surgery was performed.** Refer to the SWELLING section for explanation.
- **Take the prescribed pain medication as soon as you can** so that it is digested before the local anesthetic has worn off. Having something of substance in your stomach to coat the stomach will help minimize nausea from pain medications. Refer to section on PAIN for specific details.
- **Restrict your activities the day of surgery.** You may resume normal activity when you feel comfortable (Unless directed otherwise). If you are active, your heart will be beating harder and you can expect excessive bleeding and throbbing from the wound.
- **NO SMOKING UNDER ANY CIRCUMSTANCES.**

### **BLEEDING:**

- **Biting on gauze is still important for 6-10 hours after surgery.** The pressure keeps the adjacent gum pushed against the bone and that minimizes bleeding under the gum around the implants. Some bleeding or redness in the saliva is normal for 24 hours.
- **Excessive bleeding** (your mouth fills up rapidly with blood) can be controlled by biting on gauze placed directly on the bleeding wound for 60 minutes. Repeat as needed every hour for 6-8 hours.
- **If bleeding continues, bite on a moistened teabag for 30 minutes.** Tannic acid in the tea bag helps form a blood clot by constricting blood vessels.
- **To minimize further bleeding,** sit upright, do not be excited, maintain constant pressure on the gauze (**NO TALKING OR CHEWING**) and minimize physical exercise.
- **If bleeding persists, call our office for further instructions.**

## SWELLING:

- If there was a fair amount of cheek retraction involved with your implant procedure, then it would be appropriate to apply ice on the outside of the face on the affected side. Expect to see some facial bruising for a few days after surgery. The swelling will not become apparent until the day following the surgery, and will not reach its maximum until 2-3 days post operatively.
- The swelling may be minimized by the immediate use of ice packs. Sealed bags filled with ice, ice packs, or a bag of frozen peas or corn wrapped in a washcloth should be applied to the side of the face where surgery was performed ( if both sides- alternate sides every 20 minutes)
- Ice packs should be applied for 20 minutes on, 20 minutes off for the first 48 hours.
- 48 hours following surgery, moist heat may be applied to help reduce the amount of swelling that has formed.
- If swelling or jaw stiffness persists for several days, there is no cause for alarm. Soft, puffy swelling that you can indent with your finger after oral surgery is very normal.
- **Bright red, rock hard, hot swelling** that does not indent with finger pressure which is getting bigger by the hour would suggest infection. This usually would develop around day 3-4 after surgery when you would expect swelling to be going down, not up. If this should occur, please call our office at **501-771-4631**.

## TEMPERATURE:

- **It is normal to run a low grade temperature (99-100F) for 7-10 days following oral surgery.** This reflects your immune response to the normal bacteria that are present in your mouth. A high temperature (greater than 101°F) might exist for 6-8 hours after surgery, but no more after that. If you run a temperature **over 101°F** several days after surgery, with Tylenol or Ibuprofen on board, (high temperature is sometimes indicative of infection.) **You should call our office if this occurs. Especially if accompanied by rock hard swelling, and increased pain.**

## **PAIN and ANTIBIOTICS:**

- **Pain or discomfort following surgery may last up to 4-5 days.** For most patients, it seems they rely mainly on Tylenol or Ibuprofen by the second day.
- If prescription pain medications are required beyond 4 days, further treatment may be indicated. Please call the office to discuss your situation with us.
- **Many medications for pain can cause nausea, and vomiting.** It is wise to have something of substance in the stomach (yogurt, ice cream, pudding, soup, apple sauce) before taking prescription pain medicines and/or over the counter pain medicines (especially aspirin or ibuprofen) Even coating the stomach with Pepto Bismol or Milk Of Magnesia can help prevent or moderate nausea.
- **For Moderate to Severe Pain-** take the prescribed pain medication as directed. Ibuprofen may be added to help control pain.
- **DO NOT USE ALCOHOL WHILE TAKING PAIN MEDICATION. IT CAN BE FATAL.**
- Be sure to take the prescribed antibiotics as directed until are completely gone regardless of good you may feel to prevent infection.

## **DIET:**

- Do not use a straw for 1 week. The sucking motion can dislodge the blood clot and cause bleeding again and delay healing time.
- Be careful with hot liquids or food while you are numb so that you do not burn your mouth.
- Until you are released to increase your diet during your initial 2-week follow-up visit, have only a non-particulate diet. This ensures that no bits of food are caught on your stitches while they dissolve the next 2 weeks. You may have the following foods:
  - Clear broth (can mix heavy cream or very small amount of instant potatoes with it to thicken as long as this stays non-particulate)
  - Juices
  - Milkshakes (without fruit bits)
  - Smoothies (without fruit bits)
  - Muscle Milk
  - Protein meal replacement shakes
  - Plain yogurt
  - Ensure
  - Soups that are completely pureed with no bits at all (tomato, butternut squash, etc.)
  - Jello
  - Carnation Instant Breakfast
  - Isopure (can be found at GNC- high in protein)

**ORAL HYGIENE:**

- Good oral hygiene is essential to good healing.
- You may begin brushing your natural teeth the day after surgery. You may also use a toothbrush to clean your new appliance being very careful to not brush anywhere close to your gum tissue. Gentle rinsing only is permitted the day after surgery with salt water or diluted mouthwash. You will receive further instructions on hygiene at your initial follow-up visit.

**SMOKING:**

- Smoking delays healing dramatically. Nicotine constricts the blood vessels which slows the healing of surgery sites and affects the long term healing of the gum and bone.
- There is documented increased failure rate of implants in patients who smoke. Smoking with bone and tissue grafting can dramatically increase failure, as well.
- Therefore, if you choose to smoke, you do so at the risk of losing your dental implants due to poor healing and increased gum disease in smokers.

**ACTIVITY:**

- You should keep physical activities to a minimum following surgery.
- Hold all exercise for 3-5 days after surgery (maybe longer, depending on the complexity of your procedure).

- **IF YOU HAVE FURTHER QUESTIONS, PLEASE CALL OUR OFFICE AT:**

● **501-771-4631**

- **\*Additional Specific Instructions:**