



## Post-Operative Instructions: Full-Arch Restoration

### **Bleeding**

Gauze will be used to control bleeding after surgery. If bleeding persists, you may substitute a moist tea bag for the gauze. Apply gentle pressure over the surgical area for 45 minutes. Gauze will look light pink, spotted, or rusty-colored when bleeding is controlled. When bleeding is controlled, gauze may be left out.

### **Swelling**

You can minimize swelling by using a cold pack wrapped in a towel and applied firmly to the face or cheek adjacent to the surgical area. This should be applied 20 minutes on and 20 minutes off during the first 48–72 hours after surgery.

### **Nausea**

If you experience nausea, it is most likely from your prescribed narcotic pain medication. Allow the nausea to subside and take a smaller dose at your next interval. Often, breaking the tablet in half is sufficient to control pain.

### **Diet**

Take out gauze packs while eating. Eat only a soft diet for 6 months. A soft diet is described by “nothing harder than scrambled eggs.” Avoid extremely hot foods. If you take nourishment regularly, you will feel better, gain strength, have less discomfort, and heal faster. Do not use a straw, spit, or suck on anything. If you are diabetic, maintain your normal eating habits as much as possible.

### **Use Caution**

Do not rinse vigorously or probe the area with any objects or your fingers. DO NOT SMOKE for at least 48 hours, since it is detrimental to healing.

### **Brushing**

Begin your normal hygiene routine the day after surgery. Please make every effort to clean your teeth within the bounds of comfort. DO NOT USE an electric toothbrush around your implants until your surgeon gives you authorization. Usually this will be 4–6 months. DO NOT USE a Waterpik® or electric flossing device. Be aware of any other device or mechanism that can introduce vibrations. These devices can cause implant failure.

### **Syringe**

Start using the syringe on the fifth day after surgery. Mix 1 teaspoon of salt dissolved in a tall glass of warm water. Irrigate any open sockets gently, especially after eating.

### **Mouth Rinses**

Keeping your mouth clean after surgery is essential. Use Peridex™ only during the first 2 weeks of healing.

NOTE: Peridex may cause alteration of taste perception during use and may increase staining of teeth and other oral surfaces. There is no need for prolonged use. Do not eat or drink for 30 minutes following the rinsing.

### **Special Instructions**

For the second to sixth week after surgery, use “Super Floss” to gently floss the areas. LIGHTLY “polish” with an ultra-soft toothbrush and warm water.

**Sinus precautions:** If advised, please follow the following for at least 2 weeks after surgery. Do NOT blow your nose; if you have to sneeze, sneeze with your mouth open. No smoking. Use decongestants like SUDAFED®, Afrin®, or Flonase® to aid with your comfort.