

Post-Operative Instructions: Full-Arch Restoration

After your full-arch restoration, it is important to properly care for your mouth. Following these post-operative instructions will promote healing and deliver optimal results.

Bleeding

Intermittent bleeding or oozing is normal. Bleeding should never be severe. If it is, try repositioning fresh packs to allow you to place firm pressure over the area. Always hold pressure for a minimum of 45 minutes at a time. If bleeding persists, you may substitute a tea bag for the gauze. Wet the tea bag with hot water, squeeze it damp-dry, and wrap it in a moist gauze. Apply pressure over the surgical area for 45 minutes. If bleeding remains uncontrolled, please call our office. Gauze will look light pink, spotted, or rust-colored when bleeding is controlled. When bleeding is controlled, gauze may be left out.

Swelling

Often, there is some swelling associated with oral surgery. You can minimize this by using a cold pack or ice bag 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 hours after surgery.

Nausea

In nearly all cases, 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 without nausea. If nausea persists, please call our office.

Diet

Take out gauze packs while eating. Eat only a soft diet for 6 months. This time will be specified by your doctor. A soft diet is described as "nothing harder than scrambled eggs." Avoid extremely hot foods. It is important not to skip meals! 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. Follow instructions from us or your physician regarding your insulin schedule.

ADDITIONAL INSTRUCTIONS FOLLOWING SURGERY:

Use Caution

Do not disturb the surgical area today. Do not rinse vigorously or probe the area with any objects or your fingers. **DO NOT SMOKE** for at least 7 days, since it is detrimental to healing.

Brushing

Begin your normal hygiene routine the day after surgery. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.

DO NOT USE a Sonicare® 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 integration issues!

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Syringe

If you were given an irrigating syringe, start using it the fifth day after surgery to keep the sockets clean. Mix 1 teaspoon of salt dissolved in a tall glass of warm water. Fill the syringe with the warm saltwater and irrigate any open sockets gently, especially after eating.

Sharp Edges

If you feel sharp edges in the surgical areas with your tongue, it is probably the bony walls that originally supported the teeth. Occasionally, small slivers of bone may work themselves out during the first week or two after surgery. They are not pieces of tooth, but if they are bothersome, we will remove them. Please call the office if you are concerned.

Mouth Rinses

Keeping your mouth clean after surgery is essential. You have been given a prescription for Peridex™ oral rinse: Rinse for 30 seconds with 15 ml of Peridex twice a day. 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. To avoid this, use Peridex only during the first 2 weeks of the healing process. There is no need for prolonged use. Do not eat or drink for 30 minutes following the rinsing.

Special Instructions

From the second until the sixth week after surgery, use “Super Floss” to gently floss the areas and LIGHTLY “polish” with an ultra-soft toothbrush and warm water. After 6 weeks, brush and floss as normal, but do not use a mechanical toothbrush (Sonicare or Oral-B®).