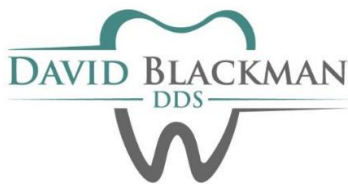


Post-Operative Instructions for Profile Prosthesis (All on 4)



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What to do after surgery:

- It is important that you rest and take it easy for the first 72 hours following surgery.
- Bleeding after tooth extraction or implant placement is normal and may last for several hours.
- Put gentle pressure on your cheeks, jaws & chin with cool packs. Refrain from pulling on your lips or cheeks to inspect the surgical sites. This action could tear a suture.
- Lay in a semi-reclined position. Keep your head above your heart unless you feel faint.
- AVOID spitting, bending over, sucking through a straw and rinsing for 24 hours.
- NO strenuous activity or smoking for at least 48 hours (no smoking at all is best for healing)
- The blood clot is important for healing

Oral Hygiene and Rinsing:

- Standards of good oral hygiene are critical for the success and functionality of the implants and restoration.
- Clean your mouth thoroughly after each meal beginning the day AFTER surgery by using a soft bristle toothbrush.
- You will be prescribed a medicated rinse (Chlorhexidine) at either your 2 week post op or 1 month post op visit. This medicated mouth rinse will act as a disinfectant around the implants. The syringe will help guide the rinse under the denture. You can also gently brush the gumline area with the Chlorhexidine rinse. At your 2 week post-op or 1 month post-op visit we will give you a WaterPik and explain how to use it.

****Follow this for post op rinsing/brushing:***

Day 1: (Day of surgery – first 24 hours after surgery)

Do NOT rinse or brush your teeth. Do NOT spit

Day 2 until Day 14 (2 weeks):

Brush your teeth 2 times a day, be gentle around the surgical sites.

Never brush an exposed membrane.

Never brush a surgical site.

Day 15 until Day 28 (4 weeks):This is patient specific so you might not be ready for this until your 1 month post-op****

Begin using the WaterPik that we have provided you to irrigate under the denture.

Swelling/Bruising:

-Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face at 15 minute intervals for the remainder of the day. Moist heat such as a warm, wet wash cloth will aid in reducing swelling after the first 48-72 hours.

Swelling usually reaches its maximum within 72 hours post-surgery and then slowly decreases

-Bruising sometimes occurs after implant surgery. Bruising often develops a few days post-surgery and may be located above or below the area where implants have been placed. This is normal and typically resolves after the first week.

Pain:

Some discomfort is normal following oral surgery. It is important to stay on top of the pain by taking the medication you were prescribed. Often it is beneficial to take the medication after eating to prevent nausea.

No Smoking or Alcohol:

Do not smoke or drink alcohol for at least 48 hours following oral surgery. This may cause the disruption of healthy blood clot formation and increase in complications including dry sockets, prolonged healing, wound breakdown and post-operative infections.

Diet:

- No hot liquids, acidic foods or drinks for the first 24 hours
- Eat something when you feel ready, cool liquids are best to start but AVOID sucking through a straw. When the numbness wears off start progressing to a soft diet.
- You should stay on a soft diet for the first **6 months** of healing. If food cannot be easily cut with a fork.....DO NOT eat it! During this time your implants are integrating.

Here are some examples of soft foods:

Applesauce	Cooked fruits or ripe fruits	Canned fruits without skins	Well-cooked vegetables
Broiled fish	Roasted/Stewed chicken	Soups	Tofu
Soft bread	Pancakes	Muffins	Waffles
Pasta	Oatmeal/Cream of Wheat	Mashed potatoes	Pudding/Jello/Yogurt
Ice Cream	Protein Shakes	Scrambled Eggs	

Exercise and daily routine:

Refrain from exercise, heavy lifting and any physical activity for the first week following surgery. Elevation of heart rate and blood pressure may promote bleeding and delay healing. After the first week, and based on doctor's discretion, patients may ease back into physical activity.

Remember we are concerned about your well-being. If you should experience difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, or any pain that is not managed with prescribed medications, please contact us immediately at (630)260-1700.