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## ***All-On-4 Teeth in a Day post operative instructions***

### **Getting ready for your procedure**

#### **Things to get ahead of time:**

- get your prescriptions filled and have them ready
- ice packs
- ibuprofen and acetaminophen/Tylenol (if you're able to take them)
- extra gauze
- liquid and soft foods – see *Eating After Surgery* below for suggestions
- clothes to wear to your procedure. These should be things you don't mind possibly getting blood on.
- extra pillows to prop you up so you can sleep in an elevated position

#### **Things you can expect after surgery:**

- **Bleeding** – minimal bleeding should be expected after your procedure. This is completely normal and typically stops within 48 hours.
- **Swelling** – the amount of swelling experienced will vary from patient to patient. Some will swell very little or not at all, others will experience moderate to more significant swelling. Any swelling should subside within 1-2 weeks.
- **Bruising** – the amount of bruising experienced will also vary from patient to patient. Some will not bruise at all, others will have significant bruising. Any bruising will usually be gone within 2 weeks.
- **Increased salivation** – this is your body's natural reaction to a foreign body (your new teeth!) in the mouth. This usually subsides within 72 hours.
- **Pain/discomfort** – some discomfort is to be expected. Your prescribed pain medication will help to alleviate this. An alternative to narcotic pain medications is taking ibuprofen and acetaminophen (Tylenol). These help tremendously and come with fewer side effects.
- **Stiff jaw and jaw muscles** – apply moist heat (ex: warm, damp washcloth) and gently massage area.
- **Sore throat or difficulty swallowing** – this typically subsides within 2-3 days.

- **Itching** – some patients will experience an itching sensation as their tissue heals following their procedure. This is completely normal and typically does not persist beyond the first week.
- **Adjusting to your new teeth** – your implant bridge(s) may feel bulky in your mouth at first and your speech may also feel a little strange. Practice speaking with them as much as possible, especially ‘S’ words like Mississippi. Most patients adjust to speaking with their new implant teeth within 1-2 weeks of surgery. Also, final bridges are often thinner, taking up less space in the mouth, and making for easier speaking.
- **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 MUCH stronger.

### **Caring for yourself after surgery:**

1. Take it easy for the first 72 hours after surgery. Get as much rest as possible.
2. Sleep in a reclined 45 degree position. This helps reduce swelling.
3. Ice packs – place ice packs on both sides of your face, 20 minutes on, 20 minutes off for the first 1-2 days. There are special ice packs that wrap around your face/head and securely attach. A regular ice pack or a bag of frozen peas and an elastic bandage (such as ACE) also works well.
4. Take your prescribed medications as directed.
5. You may feel strange due to the anti-anxiety medication you took before your procedure. This typically subsides within 24 hours, but in some people can persist for up to 1 week.
6. 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/stitches and surgical sites could cause unwanted effects.
7. Eat – you will need to maintain a softer diet. After the first 2 weeks, you will be able to progress to eating anything you can cut with a plastic fork. See below for recommended foods.
8. Stay hydrated – drink plenty of water. Your body needs it as you heal.
9. DO NOT drink using a straw for the first 2 weeks.
10. DO NOT smoke. We highly recommend quitting smoking before starting this procedure. Smoking increases the likelihood of complications with your implants.
11. DO NOT drink alcoholic or carbonated beverages for the first week.

### **Eating after surgery**

While you will be able to eat with your new teeth right away, it is important that you maintain a soft 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 you will build up to more solid foods as the weeks and months progress.

**\*A good rule of thumb during your healing phase is that you can eat anything as long as you can cut it with a plastic fork.**

## **Recommended foods:**

**First 24 hours** – liquids only. Should be cool or room temperature. Avoid anything hot as it could irritate your surgical sites. Examples include:

- dietary supplement drinks (Ensure, Boost, Nestle Resource, Carnation, etc.)
- yogurt
- pudding
- apple sauce
- finely blended smoothies
- milk and protein powder shake

**First 2 weeks** – we recommend maintaining a liquid diet during the first 2 weeks. Foods you may add to the above list include:

- soups/broth, strain out solid pieces
- bone broth
- protein shakes
- milk
- gelatin (Jell-O)
- smoothies
- pureed vegetables can be added to smoothies

**Weeks 3 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.

**\*Reminder: A good rule of thumb during your healing phase is that you can eat anything as long as you can cut it with a plastic fork.**

- scrambled eggs
- oatmeal
- mashed potatoes
- soft/overcooked pasta
- cottage cheese
- pancakes
- ice cream/frozen yogurt
- fish
- tender chicken
- avocados
- bananas
- sloppy joes
- chili
- hummus
- polenta
- cooked pasta
- soft breads
- potato salad
- soups – clam chowder, bisques, etc.
- refried beans
- vegetables, soft
- macaroni and cheese, with overcooked pasta

## **Oral hygiene and caring for your new teeth**

Regular daily maintenance of your new implants and teeth is critical to their long-term success.

**Home maintenance should be as follows:**

### **First 24 hours**

- Do not brush your teeth, do not rinse your mouth, do not spit.

### **First 3 weeks**

- Gently brush the chewing surfaces and sides of your teeth. Do not brush aggressively and do not attempt to brush under your teeth.
- Gently rinse your mouth with salt water. DO NOT swish vigorously. Simply let the salt water roll around in your mouth. When you are finished DO NOT spit the salt water into the sink. Instead just let it fall out of your mouth and into the sink.

### **After week 3**

- You can now brush all surfaces of your bridges.
- Now is also the time to begin using a water flosser (WaterPik) to clean under your bridges. You should do this multiple times per day, especially after meals, from here on out. 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 WATER FLOSSER/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. Your doctor will set your follow-up regimen.

### **Physical activity**

Take it easy and don't do anything too physically exerting for the first week – no working out at the gym, no heavy yard work, no heavy exertion at your job. Try to keep your head above your heart this first week.

After the first week, you can start adding in physical activity slowly. Don't rush things, start slow and build up.

### **Things to remember**

You're going through a major transition with the All-On-4 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.

- your Insight Dental and Implants team