

Post-operative Instructions: Fixed Implant Bridge **(All-on-X)**

Center for Progressive Dentistry

Dr. David Scardella

33 Enterprise St., Suite 9 • Duxbury, MA 02332 • (781) 934-9444

What to do after surgery:

- Rest at home and take it easy for the first 72 hours following surgery.
- If you had general anesthesia or I.V. sedation, you may experience light-headedness, dizziness, and sleepiness following surgery. A responsible adult should stay with you for 12 hours after surgery.
- Please refrain from pulling on your lips or cheeks to inspect the surgical sites. This action could tear your sutures or delay healing.
- Take your prescribed medications as directed.

How much swelling and pain is to be expected?

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 the first 72 hours post-surgery and then slowly decreases.

You can expect to be uncomfortable for the first 3 days after surgery. After the third day, discomfort generally lessens, with progressive improvement thereafter.

Will there be bruising?

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

When can I return to exercise?

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 the doctor's discretion, patients may ease back into physical activity.

PLEASE: Do not smoke for the first week after surgery. Smoking may dry out the tissues and delay healing. Smoking can also cause you to bleed more and for longer periods of time. Smoking is also detrimental to healing and increases the chance of implant failure significantly.

REMEMBER: We are concerned about your well-being. If you should experience any 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. There is always a doctor on call to answer your questions or to provide you with emergency care.

An All-On-4® prosthesis sits firmly on your gums. Therefore, you need to maintain a strong oral hygiene routine such as brushing, flossing, and rinsing in order to help clean under your prosthesis.



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Oral hygiene maintenance procedures:

During the first week, use the provided Monoject syringe to gently clean underneath your prosthesis. After two weeks you may begin to use a water pick and floss. Brush your teeth daily. Rinse gently with warm salt water starting 24 hours after procedure.

What can I eat after surgery?

It is extremely important to be on a **soft diet** for the first 3 months of healing. During this time, your implants are integrating, and you're wearing a temporary prosthesis that is not meant to be used to chew hard or crunchy foods.

What are some examples of acceptable foods to eat?

Acceptable foods are soft and easy to chew and swallow. These foods may be chopped, ground, mashed or pureed. This diet should be followed for the first 3 months after your surgery.

Fruits/Vegetables:

- Apple Sauce
- Cooked fruits or ripe fruits
- Canned fruits without skin or seeds
- Well-cooked soft veggies

Meats And Other Protein Sources:

- Broiled Fish
- Roasted/Stewed Chicken
- Soups with small soft pieces of vegetables and meat
- Tofu

Breads/Pasta/Rice:

- Soft Loaf Bread
- Pancakes
- Muffins
- Waffles
- Macaroni/Pasta/Rice Pasta
- Oat Meal/Cooked Cereal/Cream of Wheat
- Mashed Potatoes

Other:

- Pudding/ Jell-O/ Yogurt
- Ice Cream
- Protein Shakes
- Scrambled eggs



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