



ALL ON X IMPLANT

Post-Operative Instructions

Day of Surgery

WHAT TO EXPECT: Today, you will experience mild/moderate discomfort and swelling due to the surgical procedure. Over the next few days, you will experience soreness. Please continue using the prescribed pain medication or you may end up feeling pain unexpectedly. It is typical to experience the most swelling and bruising around the third day. Bruising and swelling all around the face and neck is normal. It is common to experience lower than normal energy levels while you heal due to taking an antibiotic and the healing process and energy consumption. Get as much rest as possible and drink lots of fluids. Tenderness, bruising, and swelling is normal.

1. Blood Clot and Surgical Site Protection: Slight bleeding after extractions is normal and may last for several hours. Bite on folded gauze directly over the bleeding area. If there is no active bleeding, then leave the gauze out. Lay in a semi-reclined position. Avoid spitting, bending over, sucking through a straw, and rinsing for 24 hours. No strenuous activity, smoking, or alcohol for 48 hours. The blood clot is important for healing.

2. Sharp Spots: If you feel something sharp in the surgical areas, it is likely a bone spur from the walls that once supported the extracted teeth.

Small pieces of bone due to the extraction procedure may work themselves out of the gum tissue over the healing phase. This is normal. Also, the teeth themselves may have rough or sharp areas. Please contact our offices to set up a visit for evaluation if you have these issues.

3. Rinsing: Rinsing may dislodge the blood clot and interrupt the normal process of healing. Carefully follow these steps in order.

Day 1 (Day of surgery – first 24 hours) Do not rinse or brush your teeth. Do not spit.

Day 2 (24-48 hours after surgery)

24 Hour Time: _____

Brush your teeth, with water only, 2 times daily. Be gentle around the surgical site. If you have a non-fixed denture, remove it, rinse, and clean the inside of the denture, and replace immediately. Begin rinsing gently using a glass of room temperature salt water

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(1/2 tsp per cup). Repeat 2 times daily. Follow with the Medicated Mouth Rinse. Never brush the gums. Never brush and exposed membrane. Never brush the surgical site.

Day 3 (48-72 hours after surgery) Same regimen as day 2, however, begin rinsing 3 times daily. **Day 4** through day 24 (6 weeks) Same regimen as day 3, however, now rinse with mild force. Continue rinsing and cleaning in this manner for 30 days. You may use a mild toothpaste (no tartar control, no whitening). We recommend GCM I paste. For your prosthesis, use a mild, nonabrasive paste, such as Sensodyne. 6 weeks after surgery Begin using a Waterpik and floss threader. This will be provided at the six-week follow-up appointment.

4. Medications Take antibiotics, and steroids as instructed until complete.

5. Swelling Cool packs and pressure outside of the surgical site will be helpful in reducing inflammation, bruising, and hematoma formation. Leave cool packs on for 20 minutes, then remove for 20 minutes, and replace as often as possible on the first day. Similar use in following days will also be helpful for reducing swelling and bruising.

6. Diet Avoid hot foods and liquid during the first week. Do not use a **straw for 72 hours after surgery**. Follow the **NO CHEW** very soft or puréed foods diet, provided. Refer to and follow the soft food dietary restrictions to make sure you do not harm your implants or your temporary teeth. **DO NOT** eat foods like chips, crackers, popcorn, etc. which may get stuck in the surgical healing site(s). The soft tissues will heal within 4 weeks, however, the bone around the implants will require 12-16 weeks to heal. Please be cautious with the temporary teeth.

7. Pain: The days following surgery will most likely be accompanied by some discomfort. You will be prescribed pain medication to ease the discomfort. For best results, take the first pill before the surgical anesthetic wears off. Do not abuse the pain medication; use it according to the prescription.

Baseline Pain: Unless you are allergic to or otherwise cannot take Ibuprofen or Tylenol (acetaminophen), please start taking the following: 800mg of Ibuprofen and 500mg of Tylenol every 8 hours for 4 days. You will receive a prescription for Ibuprofen Extra Strength Tylenol (500 mg) may be purchased over-the-counter. REMEMBER never take Toradol, Ibuprofen/Motrin or Steroids together in any combination.

Breakthrough pain: you may take additional Tylenol, not to exceed 4000mg in one day (8, 500mg Extra Strength Tylenol). After day 4: you may take over-the-counter Ibuprofen and

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Tylenol. We recommend no more than 2400mg of Ibuprofen in a day (6, 800mg Ibuprophen), if taking it for extended periods after post operative day 4. We recommend no more than 2000mg of Tylenol in a day, if taking it for extended periods after post operative day 4. If pain is exceeding the recommended regimen, contact the office.

8. Nausea Nausea is a normal side effect of narcotic pain medications. If you have severe nausea or vomiting, you should discontinue the narcotic pain medication and call the office.

9. PERIODIC POST OP CHECKS: These appointments are very important to the overall success of the procedure. **1 day, 1 week, 1 month and 4 months, and 6 months**

If you have any questions or if an emergency arises, please contact our office at 281-896-0974.

Acknowledgment & Signatures

Patient Name: _____

Patient Signature: _____ Date: _____

Office Representative: _____ Date: _____

Dr. Jared Williams

I understand the instructions provided and all questions were answered

I need additional clarification before proceeding

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