



All on Four Implant Post-Operative Instructions

Pain:

You should begin taking pain medication before you feel the local anesthetic wearing off. For mild to moderate pain, ibuprofen (Advil® or Motrin®) may be taken. Ibuprofen bought over the counter comes in 200mg tablets: 3 tablets (600 mg) should be taken every 6 hours as needed for pain. For severe pain, the prescribed pain medication should be taken as directed with food. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to do so. Expect some swelling, expect some bruising. Ice applied to the area for 20 minutes on and then 20 minutes off for the first 48 hours is the most efficient way to minimize this.

Stitches:

Sutures will dissolve in 5 to 7 days unless it is stated otherwise and removal is necessary. We know that you are eager to see the surgery that has been performed. However, please do not forcefully pull your lips or cheeks away to inspect the surgical site. This action could tear your sutures or delay healing.

Diet:

Drink plenty of fluids immediately following surgery. Return to a normal diet as soon as possible following surgery, with the exception of hard foods. It is very important that you maintain a healthy nutritional diet for your body to heal appropriately. The healing of your implants is contingent upon them not moving. Chewing anything hard such as ice, hard candy, or other very hard, chewy, or tough foods can cause an implant to move and fail or your temporary prosthetic to break. Absolutely no chewing gum! Remember, if you can hear it crunching when you chew, or if you can't cut it with a plastic fork, it's too hard! In rare instances, the acrylic temporary denture will break or become loose. If this happens or if your bite feels significantly off call our office immediately. Here are some foods we recommend: Yogurt, Oatmeal or Cream of Wheat, Ice Cream/Milk Shake, Soft Boiled or Scrambled Eggs, Broiled Fish or Stewed Chicken, Applesauce, Jell-O, Pudding, Cottage Cheese, Potatoes, Baked or Mashed, Soups, Peas, Asparagus, Cooked Carrots (or any soft-cooked vegetables).

Antibiotics:

Be sure to take your prescribed antibiotics as directed to help prevent infection.

Oral Hygiene:

Good oral hygiene is essential to healing. Beginning the day after surgery, the prescription mouth rinse should be used 2 times per day until completed you should also use an extra soft toothbrush with the mouth rinse to brush only the prosthetic and not your gums twice per day. A few weeks after surgery, when your initial healing is completed, you will begin to use a Waterpik (at the lowest levels 1 or 2) and super floss to clean under the denture twice daily and as needed. These can be purchased over the counter at any major retailer. Do not use a Waterpik after surgery until the doctor determines you are healed enough to do so or you may cause injury to your healing gum tissue. Initially, the gum tissue will be swollen and touching the denture. As you heal and the tissue swelling recedes, you will notice a space between the denture and your gums. This is normal and will be corrected on your final prosthetic.

Smoking:

We always recommend that patients stop smoking completely at least 1 month before this surgery and to not start again until 4 weeks after the surgery. If you do choose to smoke after surgery please understand this can increase your risk for post-operative pain and complications and implant failure.

Post-Op Visit:

You will see your restorative dentist each week for 2 weeks after surgery for any adjustments to your new prosthetic that may be needed. The restorative dentist will also see you every month after surgery to check to your oral hygiene and bite. The surgeon will see you in 1–2 weeks after surgery to check your healing and then 6 month following the procedure for a final check. If you ever have any questions or concerns, please feel free to contact us at the office at any time! **406-259-7438**

Assistant

Doctor

Summit Oral Surgery 406-259-7438 -There is a 24-hour answering service after office hours that the on call doctor can be reached at.