



OLNEY CENTER

— For Oral & Maxillofacial Surgery —

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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.

BLEEDING:

It is normal to experience some minor bleeding/oozing over the first few days. Over the period of 1 week, the bleeding should stop.

PERSISTENT BLEEDING:

If the bleeding has not stopped or the color remains bright red, please call us as we will need to see you to control the bleeding.

SWELLING:

Swelling often accompanies surgery. To reduce swelling, wrap a cold pack, an ice bag, or a bag of frozen peas in a towel and apply to the cheek of the surgical area. It should be applied for 30 minutes of every hour during the first 24 hours after surgery. Do not leave ice on the area for more than 30 minutes at a time or in direct contact with the skin. Equally as important to reduce swelling is to consume frozen liquid/semi liquid foods for the first 24-48 hours, (ice cream, frozen yogurt, ice cold smoothies, Icee).

DO NOT DISTURB THE SURGICAL SITE(S):

Do NOT forcefully rinse or attempt to clean the area under your new teeth with any instruments. You are encouraged to brush the white part of your teeth gently. DO NOT SMOKE for at least 72 hours since smoking will negatively affect your healing.

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.

Pain medicine may cause nausea. We recommend you take the pills with a small amount of food. Various levels of relief will be achieved according to the dosage of the medication and the individual taking the pain medication. Use the prescription medication right after you get home and use it for a minimum of 3 days. The most severe pain is often 12 hours after surgery. If you continue to need large doses of pain medication at frequent intervals, please call our office so we can evaluate your pain.

You must call during normal business hours for a refill if you anticipate needing more pain medication as any narcotic prescriptions CAN NOT be called in after hours or during the weekend.

MEDICATIONS:

Pain medication (i.e. Norco): Take pain medication every 4 hours as needed, and stay on top of it to effectively maintain a tolerable pain level. In addition to the pain medication, you may take 1 tablet (800mg) of Ibuprofen (i.e. Motrin or Advil) every 6 hours. Alternating the medications will help them function more effectively (ex. take 1 Norco, then 4 hours later take Ibuprofen...4 hours later take another Norco). If you are not taking the pain medication (i.e. Norco), you can take Extra strength Tylenol 2-3 tablets every 8 hours. Remember to take the medication with a small amount of food.

MOUTH RINSES:

Rinsing should not start until 24 hours after surgery. It is important to rinse your mouth with the prescribed rinse twice a day to keep the environment clean.

In addition, apply the prescribed Chlorhexidine rinse three times a day with a cotton tipped applicator (Q-tip), to the gum and implant interface, for the first two weeks.

NAUSEA:

It is common to experience nausea after surgery, and it should pass within a short period of time. If the nausea does not get better in a few days, please call our office.

BRUSHING:

Due to soreness and swelling brushing may not be possible. It is still important that you make every effort to clean your teeth. Day one after surgery, you may, with a "soft" toothbrush gently brush your natural teeth(if any) and prosthesis. DO NOT brush your gums. Do not disturb the sutures or healing

tissue around the surgical site(s). After a week (7 days) you should start to use a waterpik to gently clean between the gum and prosthesis.

DO NOT exercise or participate in any strenuous activity for the next 7 days.

HEALING:

Normal healing after full arch immediate load implant therapy should be as follows:

Days 1-2 will have the most swelling.

Day 3 will have the greatest discoloration with bruising.

If you feel up to it after the first 3 days, you may begin a more substantial diet but be mindful of the **NO CHEW** soft food diet suggestions provided. The remainder of the healing should be steady improvement. If you don't see slow improvement, please contact our office so we can evaluate any issues with healing.

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 slivers 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.

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.

PERIODIC POST OP CHECKS:

These appointments are very important to the overall success of the procedure.

The first check will be scheduled at the time of your pre-op review phone call and is usually 1-3 days post procedure. The frequency of the others will be determined at each follow up appointment. This will be based on each patient's recovery process.

If you have any questions or if an emergency arises, please contact our office at 301-924-2155.

PLEASE NOTE: Telephone calls for pain medication refills can ONLY be processed during office hours.