

# The Teeth Doctors

## Full Arch Implant Post Operative Instructions

### Full Arch Implant Surgery Post-Op instructions

Follow these steps to heal more quickly after full arch implant surgery.

**Bleeding:** bleeding is expected for the first forty-eight to seventy-two hours following implant surgery. Reduce bleeding by applying pressure to the area using a gauze, washcloths, or teabags and biting firmly for approximately forty-five minutes. Repeat as often as necessary.

**Bruising:** bruising following surgery in the immediate and surrounding areas may occur. The cheeks, chin, lip, and jaw line may show discoloration. This temporary condition is considered normal and will typically dissipate within two weeks.

**Brushing:** patients are advised to not brush directly around the site of full arch implant surgery for the first seven days. Do not attempt to floss beneath the prosthesis. Best practices for cleaning the area during the first week include using a small warm washcloth to wipe down the prosthesis. Water flossers can be utilized with pressures set to no greater than four. Gentle irrigation can be performed using warm salt rinses after the first seventy-two hours. The patient is encouraged to maintain regular brushing and flossing protocols for the opposing dentition.

**Eating:** consume soft and cool foods such as yogurt, mash potatoes, macaroni, eggs, ice cream, fish (without bones), and or soft meats(barbeque) for the first two months. Care should be taken to avoid regular biting forces during the first two months. Avoid eating foods that are hard, hot, and/or crunchy. Such foods can have a negative impact on the existing wound and implant survival. Excessive force may overload the bone and lead to early implant failure. As a rule of thumb, avoid foods that a plastic fork cannot easily pass through.

**Swelling:** minor edema is common following a surgical procedure. Apply ice packs as needed to area of concern during the first forty-eight hours. Avoid sleeping on the side of surgery to prevent pressure edema. Swelling should not extend beyond the immediate surgical site. If swelling extends to the neck, nose, cheeks, ears, and or eyes, seek immediate help(911).

**Smoking:** should be avoided following all surgeries. Smoking greatly reduces blood supply which is extremely important for healing and prevention of dry socket. No remedy exists to reverse the negative effects of smoking on an open wound. Patients should be aware that the choice to smoke following surgeries will void any guarantee of procedural success. Any re-treatment and/or post-operative management will be directly billed to the patient.

**Sutures:** are often used to secure graft materials and or close tissues following surgery. The amount of time a suture remains in your mouth and the type (resorbable or non-resorbable) will be determined by your provider. If a suture prematurely loosens, contact your provider for further instructions. Avoid pulling and/or playing with edges. This may cause early failure of the material.

**Sinuses:** some teeth have roots which extend directly into the maxillary sinuses. Removal of such structure may result in exposure(visualization) and or a perforation(tear) of the Schneiderian

# The Teeth Doctors

## Full Arch Implant Post Operative Instructions

membrane. This is a direct result of the root proximity to the sinus membrane versus an accident and or negligence of the provider. Treatment to correct either condition will be dependent on the size of the exposure or perforation. Your provider will advise regarding the best methods to prevent an oroantral communication. Patients must avoid lifting objects over twenty pounds for the next two weeks, blowing the nose, and excessive coughing which could further damage the sinus membrane. Patients will be given specific instructions regarding appropriate antibiotics, analgesics, antihistamines, and decongestants. Fees for such therapy will be directly assigned and is the responsibility of the patient receiving treatment.

**Infection:** can occur following a surgery. Several signs of infection include fever, foul smell, swelling, discoloration, and/or pus. Movement of the fixed prosthesis attached directly to the implants may also indicate direct failure of implants. If any such conditions develop during regular business hours, phone the office to schedule an appointment with your provider. If these conditions occur after hours, visit your local urgent care or health care facility for evaluation.

**Pain:** most dental pain can typically be managed without the use of narcotics. Motrin (Ibuprofen) and Acetaminophen (Tylenol) are the primary medications recommended by the American Dental Association for elimination of odontogenic (tooth) pain. These two medications taken together have been shown to be as effective as a narcotic without any of the negative side effects associated with opioid medications. Take 500 mg of acetaminophen (Tylenol) and 600 mg of ibuprofen (Motrin) at the same time every 6 hours as needed for pain. Some contraindications exist for the consumption of Motrin if a person has kidney dysfunction, uncontrolled diabetes, and/or is already taking NSAIDS. Your provider will discuss and recommend the best medications following surgery.

Other precautions include **sore throats** and pain when swallowing. This is common. The muscles of tongue and throat may become swollen and cause pain on swallowing. This condition typically subsides within two to three days.

**Stiffness of the jaw muscles** may cause **difficulty opening**(trismus) your mouth for a few days. Do not force your mouth open. Massage the muscles and apply moist heat after the first day.