

# After All on “X” Implant Surgery

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A small amount of bleeding is to be expected following the operation. If bleeding occurs, avoid hot liquids, exercise, and elevate the head. If bleeding persists, call our office immediately. Expect some oozing around the sides of the implant denture.

Use ice packs (externally) on the cheek or around lips near the surgical site. Apply ice for the first 36 hours only. Apply ice 20 minutes on 20 minutes off while you are awake.

If you are able to take Ibuprofen it is recommended to take 600-800 mg of Ibuprofen (Advil or Motrin) every 6-8 hours with food and water for 5-6 days and then as needed for discomfort. You can also take two (2) extra strength Tylenol (Acetaminophen) with the Ibuprofen (Advil or Motrin) if needed for pain. Call our office if the medication doesn't seem to be working. If you are unable to take Ibuprofen (Advil or Motrin) a different medication will be discussed at your appointment. **If you were prescribed a Medrol Dosepak do not take Ibuprofen (Advil or Motrin) until finished with the Medrol Dosepak**

If an antibiotic has been prescribed, make sure to finish your prescription unless you have an allergic reaction.

Drink plenty of fluids. If many teeth have been extracted, the blood lost at this time needs to be replaced. Drink at least six glasses of liquid the first day.

Do not rinse your mouth for the first post-operative day, or while there is bleeding. After the first day, use a warm salt water rinse every 4 hours and following meals to flush out particles of food and debris that may lodge in the operated area. (One teaspoon of salt in one cup of warm water)

Restrict your diet to liquids and soft foods that are comfortable for you to eat. You will be on a soft food diet for at least 6 weeks. This is critical for the implants to integrate properly. You will be given a list with examples and ideas for soft foods at your consultation prior to the surgery.

The removal of many teeth at one time is quite different from the extraction of just one or two teeth. Because the bone must be shaped and smoothed prior to the insertion of the implant denture, the following conditions may occur, all of which are considered normal:

- The area operated on will swell, reaching a maximum in two days. Swelling and discoloration around the eyes may occur. The application of a moist warm towel will help eliminate the discoloration. The towel should be applied continuously for as long as is tolerable, beginning 36 hours *after* surgery. (**Remember:** ice packs are used for the first 36 hours only).

- A sore throat may develop. The muscles of the throat are near the extraction sites. Swelling into the throat muscles can cause pain. This is normal and should subside in 2-3 days.
- If the corners of the mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment like Vaseline. There may be a slight elevation of temperature for 24-48 hours. If your temperature continues to rise, notify our office.

You will be scheduled for multiple follow up appointments. The first one will be 24-72 hours after the surgery. Then usually a one week follow up and then from there a 2 week follow up.