

IMPLANT SURGERY – ADVICE TO PATIENTS

DO'S & DON'TS FOLLOWING ALL-ON-4™ IMPLANT SURGERY

These instructions are designed to aid proper healing of the surgical site and to keep swelling and discomfort to a minimum.

WHAT TO EXPECT

- Following surgery, some discomfort, lasting for 3-7 days, is to be expected. This may be accompanied by swelling and bruising, often peaking around 3 days after surgery and lasting for 2-3 days before gradually subsiding. You may also experience jaw stiffness.
- Most pain and jaw aching starts when feeling returns to your mouth as the numbness from the anaesthetic wears off.
- During the first 24-48 hours, a small amount of bleeding from the surgical site is normal; you will probably notice that your saliva is pink to red.
- Stitches are usually placed during surgery. These will be removed on a follow-up visit unless dissolvable stitches have been used, which don't therefore need to be removed. You will be advised accordingly.
- You **MUST** take it easy for the first few days after surgery, as anything too strenuous can lead to bleeding.
- You are likely to require anything from 5 to 10 days of recuperation.
- It may take 3 weeks or longer for all symptoms to pass completely.

THINGS TO AVOID

- **Every day**, AVOID touching the wound with your fingers, tissues, handkerchief etc as this can lead to a post-operative infection.
- **For the first 24-48 hours**, AVOID hot liquids, hot food, hot baths and doing anything too strenuous, as bleeding may start again.
- **For the first 3 days**, refrain from drinking alcohol.
- **For the first 4 weeks**, do NOT smoke, as smoking has been shown to increase significantly the risk of delayed healing.
- **While on antibiotics**, women taking oral contraceptive should use an alternative method of birth control since antibiotics can reduce the effectiveness of the Pill.

BLEEDING

- **For the first 24-48 hours**, AVOID hot liquids, hot food, hot baths and doing anything too strenuous, as bleeding may start again.
- **For the first 3 days**, refrain from drinking alcohol, as bleeding may start again.
- **During the first 24-48 hours**, a small amount of bleeding from the surgical site is normal; you will probably notice that your saliva is pink to red.
- *If bleeding continues after the first 48 hours, please contact your Dentist immediately on the numbers below.*

FOOD AND DRINK

- **Until the local anaesthetic has completely worn off** (ie until your lip, cheeks and/or tongue no longer feel numb), do NOT eat or drink. The numbness should wear off within a couple of hours.
- **After surgery and on the day following surgery**, drink plenty of water to optimise recovery.
- **For the first 24-48 hours**, AVOID hot liquids, hot food and alcohol, as this may cause bleeding to start again.
- **For the first 3 days**, refrain from drinking alcohol.
- **During the first week**, do NOT eat solid or even soft foods; only consume liquid food in order to avoid food particles inadvertently contaminating the surgery site.
- **During the second week**, you may add semi-liquid, mashed food. If you have some natural teeth and eating is not a problem, you may also eat soft foods (ie nothing crunchy or hard).
- **For the first 4 months following surgery**, eat a somewhat modified diet. 'Modified' means fish, pasta, rice and other soft food. Nothing crunchy or hard.

HYGIENE, AFTER CARE AND MAINTENANCE

- **For the first 24 hours**, do NOT rinse your mouth out as this may cause bleeding and delay healing. It is ok to spit out and drink non-alcoholic drinks.
- **After 24 hours and for the first 2 weeks**, rinse with Corsodyl mouthwash as directed at your appointment. In addition to Corsodyl, after each meal, gently rinse out your mouth with a warm, salt-water solution (1 teaspoon of table salt in a cup of cooled, boiled water) to clean the area.
- **For the first 2 weeks**, do NOT brush your All-on-4™ Implant-retained bridge. Only use Corsodyl mouthwash and salt-water solution as instructed.
- **Twice a day**, it is extremely important to clean any remaining natural teeth both to keep your mouth fresh and to remove harmful bacteria which, if allowed to build up, could lead to an infection or slow the healing process. Follow your usual teeth cleaning routine, brushing and cleaning between your teeth.
- **Once the stitches have been removed** or have dissolved and *only when advised by your Dental Surgeon*, use the monojet syringe given to you to clean underneath your All-on-4™ bridge.
- **As soon as it's not too sore**, use an oral irrigator (also called a 'dental water jet' or 'water pick') to clean under your All-on-4™ bridge twice a day. This is the home care device of choice to keep your Implants clean and well maintained.
- **Once treatment is complete**, you will need to come for:
 - 1) *Recall appointments* to check the condition of the Implants and the bone and to adjust the bite, if required.
 - 2) *Regular dental check-ups*, as advised, to monitor the condition of the Implants and any remaining natural teeth.
 - 3) *Regular hygiene appointments*, as advised, as a build-up of plaque can cause gum problems and possible bone loss from around the Implants, which could potentially lead to their loss.

MEDICATION

- Take the prescribed pain relief medication as advised at your appointment.
- Take your first dose of the prescribed antibiotics as instructed at your appointment and be sure to complete the full course until they are all gone.
- Do NOT take aspirin for pain relief, as increased bleeding can occur with excess aspirin.
- Drowsiness, dizziness and temporary memory loss are all possible side effects of any sedation drugs used. Therefore, **for the first 24 hours** (or longer if the drowsiness or dizziness persists) REFRAIN from: driving a motor vehicle, operating machinery, signing legal documents, making decisions, staying alone or looking after small children.

SWELLING/BRUISING

- To prevent or reduce swelling, apply an ice pack (eg pack of frozen peas) wrapped in a towel to the outside of the affected area. Apply the ice pack with firm, constant pressure, as advised at your appointment.
- To prevent swelling from going into your eyes, prop yourself up with a couple of pillows while sleeping and when watching TV, as advised at your appointment.

WHEN TO CONTACT YOUR DENTIST

- If you have any concerns or questions, please do not hesitate to contact your Dentist.
YOU SHOULD CERTAINLY CONTACT YOUR DENTIST IF:
 - * **You experience excessive bleeding.**
 - * **You experience excessive pain or swelling.**
 - * **You are worried that healing is not progressing normally.**
- If anything unusual occurs and you are concerned but are unable to contact your Dentist, then please go directly to the nearest hospital Accident & Emergency Department.

Your Dentist: