



Post-Operative Instructions: All-on-X Implants

- Do NOT disturb the wound. Avoid spitting or touching the wound for a few days after surgery. There may be a metal healing abutment that will be seen or felt slightly protruding through the gum tissue.
- Some bleeding or redness is normal for 24 hours. Excessive bleeding (where your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. If bleeding continues, please call the office for further instructions.
- Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 36 hours.
- Drink plenty of fluids. Avoid hot liquids or foods. Soft foods and liquids can be consumed on the day of surgery. You may return to a normal diet 1–2 days after surgery unless otherwise directed. Avoid chewing hard foods directly on the implant healing abutment for as long as possible after surgery.
- Warm saltwater rinses can be made by mixing a ½ teaspoon of salt in 8 ounces of warm water and should be used at least 4–5 times a day, especially after meals.
- You should begin taking pain medication prior to the local anesthetic wearing off. For moderate pain, take one extra Strength Tylenol® (500 mg). This may be taken every 4-6 hours (no more than 3000 mg/24-hour period). Ibuprofen (Advil® or Motrin®) may be taken as well; Ibuprofen bought over the counter comes in 200 mg tablets: 3–4 tablets may be taken every 6 hours as needed for pain (no more than 2400mg/24-hour period). For severe pain, the prescribed medication should be taken as directed. (Please note: if this prescription has Tylenol® [APAP] in it, do not take additional over-the-counter Tylenol®). Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it. This may include patients with liver or kidney disease.
- Brushing your teeth and the healing abutments is no problem. Be gentle initially with brushing the surgical areas. Avoid brushing around the implant if there are sutures in place.
- Keep physical activities to a minimum for several days following surgery. Avoid bending over, heavy lifting, or strain. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.
- If sutures (stitches) were placed, they are almost always the type that will dissolve and fall out within the first week or so after surgery. You will only have to have sutures removed if you were told that they must be removed and were scheduled for an appointment to remove them.