

# St. Catharines Oral Surgery

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## POST OPERATIVE INSTRUCTIONS FOLLOWING ALL-ON DENTAL IMPLANTS

### IMMEDIATE LOAD

#### BLEEDING

A gauze pack, slightly moistened with cold water should be placed in the mouth towards the cheek to limit bleeding. **DO** maintain firm pressure; **DO NOT** chew on gauze.

#### **If bleeding/oozing continues:**

1. Fold a clean gauze into a pad thick enough to bite on. Moisten the pad with cold water and place directly on bleeding area
  2. Apply firm pressure to area. Maintain pressure for about half an hour. Repeat as necessary
  3. Do NOT spit. Allow saliva to run out of your mouth and wipe with a tissue.
  4. Do NOT use a straw; this will create suction in the mouth, which could restart bleeding
  5. You may also use a cold wet tea bag; this helps with the clotting process
  6. If heavy bleeding occurs, call the office
  7. Do not go to bed with gauze in your mouth
  8. Do not eat or drink with gauze in your mouth
- If you are on a blood thinner that has been stopped before surgery, and you are still bleeding, DO NOT restart blood thinner until bleeding is controlled**

#### RINSING/BRUSHING

1. Do not rinse for 24 hours.
2. Rinse with the Chlorohexadine rinse prescribed, three times a day
3. Also rinse with warm salt water (1 tablespoon in glass of warm water)
4. Dr. Vigna will advise you when to switch to LISTERINE ZERO at your follow up appointment
5. Remember a clean wound heals better and faster
6. **DO NOT** use toothpaste on the teeth that are inserted. Do not brush your new teeth
7. **DO NOT** brush the gum line; **DO NOT** use a Waterpik until instructed to do so

#### SWELLING

1. Apply ice pack to your cheeks, 20 minutes on and 20 minutes off (as often as you can, working around your schedule) for **THREE** days.
2. After three days, **DISCONTINUE THE ICE AND SWITCH TO HEAT** (a warm moist towel or heating pad). Continue until swelling is resolved

#### BRUISING

Bruising of skin is variable and is not cause for alarm. It can be extensive. Bruising tends to peak on the second to third day and you may see the bruising spread down to your neck and chest. Do not be alarmed; bruising travels with gravity under the skin

#### DIET

1. After surgery, be sure to drink lots of liquids, avoiding **HOT** and **SPICY** foods
2. Be sure to eat soft foods for the next 4-6 months as directed by Dr. Vigna (see the list provided for soft food recommendations)
3. Be sure to stay away from **HARD** foods to ensure proper integration of the implants

## PAIN

After surgery, you will experience some pain. Medications will be prescribed to you to help control the pain.

1. Make sure to have the prescriptions filled by a pharmacist before surgery.
2. Use medication only as prescribed
3. Take the medication before freezing wears off, Dr. Vigna uses a long-acting freezing to help keep you comfortable during the teeth insertion process.
4. Do not drink alcohol when taking narcotics
5. Avoid taking medication on an empty stomach; take with soft foods such as yogurt or apple sauce
6. A sore throat is common after general anesthesia; make sure to drink cold liquids to help with this

## NAUSEA

Post-operative nausea may be due to the general anesthetic or narcotic pain relievers. Take food along with the pain relievers. Gravol may be used and taken as directed by a pharmacist. Make sure to stay hydrated after surgery.

## FEVER

A slight fever is expected for a few days, if the fever is high or prolonged, notify our office

## SUTURES

The sutures (stitches) are slowly dissolvable and may fall out after 3-4 days, Dr. Vigna will provide a syringe at a follow up appointment and give instructions on how to clean the gum line and help flush away sutures that may have dissolved.

## ACTIVITY

1. Keep head and upper body elevated
2. DO NOT smoke, this increases the risk of implant failure and will delay healing
3. Limit strenuous activity for a week, REST will help the healing process
4. Avoid operation of motor vehicles or dangerous machinery for 24 hours or while on pain medications
5. Do not climb stairs unaccompanied for 24 hours following anesthesia

## SINUS - For ZYGOMATIC IMPLANT PATIENTS

1. Finish the antibiotic as prescribed by Dr. Vigna
2. If you were prescribed a saline nasal rinse, use twice a day
3. Some bleeding through the nose may occur through the nose; this is not cause for alarm
4. Avoid all blowing and sucking actions, such as blowing your nose, spitting and using a straw
5. If you have to sneeze, keep your mouth open and DO NOT pinch nostrils shut

## EMERGENCY

If you need assistance, you may contact our office at (905)-704-1449. After hours, should an emergency arise, please seek care at the nearest Hospital Emergency Department