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Diplomates American Board Oral and Maxillofacial Surgery

436 South Glassell Street, Orange, CA 92866

(714) 998-7450

www.OrangeOralSurgery.com

All-On-4 /Zygomatic Implants

Postoperative Instructions

Congratulations on your journey to restoring your dentition! We want to assure you that we are available to address any questions or concerns you may have throughout your recovery.

EXPECT some discomfort, bruising, swelling, and weakness.

Day 1:

- Mild discomfort is expected as the sedation and local anesthesia wear off. Use ice packs on your face and jaw, changing them every 20 minutes for the next two days. This will help reduce swelling.
- You may experience nausea. Begin eating soft foods that do not require chewing. Refer to the "Soft Diet List" for meal ideas. Stay hydrated by drinking plenty of fluids.

Day 2:

- Take pain medication as needed. Over-the-counter options like Advil® and Tylenol can be used if the pain is not severe.
- Continue applying ice packs to your face and jaw.

Day 3:

- For most patients, day 3 is when the most swelling and bruising will begin to appear. You may notice bruising under your chin and down your neck and also around your eyes. All of this is normal.
- Drink plenty of liquids. Protein shakes are encouraged.

Give us a call with any questions or concerns **(714) 998-7450**

HOME CARE

- Do **NOT** disturb the surgical area.
- Do **NOT** rinse vigorously or probe the surgical sites with any object.
- Very gentle swishing with warm salt water or prescribed mouth wash is recommended after eating to remove the large particles.
- You can brush your artificial teeth gently.



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- **PLEASE DO NOT SMOKE** for at least 3 weeks following your procedure. Smoking is very detrimental to healing.
- Self-dissolving sutures are used, so there is no need for them to be removed.
- The sutures will disappear within 10 days or so. Do not panic if you feel loose sutures or string in your mouth.
- Do **NOT** blow your nose for the 2 weeks period following your procedure.
- We recommend you take a decongestant such as Sudafed for 10 days after an upper jaw procedure.
- If you have to sneeze following surgery of the upper jaw, sneeze with your mouth open for the 2 week period following your procedure.
- **DO NOT** use toothpaste for the first 4 days. Dip your toothbrush in water, mouthwash, or warm salt water.
- **DO NOT USE A WATERPIK.**
- If you feel any movement of your dental prosthesis please alert your dentist. Most often the cause is the loosening of the small screws attaching the teeth to the implants. Do not panic.

SWELLING / BRUISING

Swelling and bruising are normal after oral surgery. Minimize swelling by applying a cold pack, ice bag, or a bag of frozen peas wrapped in a towel to the face and cheek adjacent to the surgical area. Apply it for 20 min on and 20 min off during the initial 48 hours. After that, use moist heat to speed up the disappearance of discoloration.

PERSISTENT BLEEDING

Some bleeding is expected during the first few days. It should decrease and change color from red to brown before disappearing by the 5th or 6th day. If bleeding persists or becomes heavy, you can substitute a tea bag moistened with cold water, squeezed damp-dry, and placed for 20 minutes on the affected area. If bright red bleeding continues for an extended period, please contact our office.

PAIN

Unfortunately, most oral surgery is accompanied by some degree of discomfort. Acute pain management should always start with over-the-counter pain medications, such as acetaminophen (Tylenol®) or ibuprofen (Motrin®, Advil®). If you take the first dose before the anesthetic has worn off, you will be able to manage any discomfort better. Precede each pain pill with a small amount of food, and chances for nausea will be reduced.



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The effects of pain medications vary widely among individuals. For severe pain, you may take your prescription opioid (narcotic). Do not take more opioid pills, or more often, than prescribed by your surgeon. Do not drive or drink alcohol while you are taking opioids. Do not use opioids with benzodiazepines or sleeping medications. If you have any questions, ask your surgeon before using these medications together as they can increase your risk of an accidental overdose.

MEDICATIONS

Tramadol and ibuprofen pain medication. Tylenol can also be used with Tramadol and ibuprofen. Do not wait for pain to start before taking medication. If you are given antibiotics make sure to follow the prescription instructions for the proper dosage. Take the antibiotics until gone or instructed otherwise.

MOUTH RINSES

Keeping your mouth clean after surgery is essential. Rinsing should not be started until 24 hours after surgery. Use a teaspoon of salt dissolved in an 8-ounce glass of warm water and very gently rinse with portions of the solution. Repeat as often as you like, but at least two or three times daily. Do not use commonly available mouthwashes such as Scope® or Listerine®, they contain alcohol which is detrimental to wound healing.

NAUSEA

Nausea can occur after surgery and be unpleasant. Most often the cause of nausea is the prescribed pain medications. Nausea can be reduced by preceding each pain pill with a small amount of soft food, and taking the pill with a large volume of water. Try to keep taking clear fluids and minimize dosing of pain medications, but call us if you do not feel better. A bit of ginger ale may help with nausea. Do not eat until nausea has resolved, then start with light foods and advance as tolerated. If nausea and vomiting persists please call our office. You will not hurt any work done in your mouth by vomiting.

ACTIVITY

DO NOT exercise or do anything strenuous for the next 2-3 days. Relax and enjoy strolls in the park or a few good movies or shows at home.



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Instructions after the Third Day

SHARP EDGES

If you feel something hard or with sharp edges in the surgical areas, it is likely you are feeling the bony walls that once supported the extracted teeth. Occasionally, small slivers of bone may work themselves out during the following week or so. If they cause concern or discomfort, please call the office.

DIET

Eat any nourishing food that can be taken with comfort. Avoid very hot or very cold foods. Do not use a straw for the first week after surgery. It is advisable to limit the first day's intake to very soft foods. Avoid foods such as nuts, sunflower seeds, popcorn, etc., which may get lodged in the surgical area. Over the next several days, you may gradually progress to solid foods. It is important not to skip meals! If you take high protein, high calorie foods regularly you will feel better, gain strength, have less discomfort, and heal faster. If you are a diabetic, maintain your normal eating habits or follow instructions given by your doctor. You will be on a "modified diet" for the next 8-10 months (until you receive your definitive bridge). You can eat anything that you can cut with a fork such as meatloaf, shredded chicken, scrambled eggs, cooked vegetables, mashed potatoes, etc. If you can hear yourself chewing, it's too hard. Remember, although your gum tissue will appear healed in about 10-14 days, the implants will NOT be strong for 5 months. Initially, the bone around the implants will be very soft.

DO NOT BITE ANYTHING WITH YOUR FRONT TEETH: NO SANDWICHES, PIZZA, BAGELS, POPCORN, GUM, NUTS, CHIPS, SEEDS, ETC. BITING WITH YOUR FRONT TEETH COULD CAUSE THE TEETH TO FRACTURE OR CAUSE THE FAILURE OF YOUR DENTAL IMPLANTS

If you have any questions or concerns please call us at **(714) 998-7450**

We are here for you! Our doctors are on call 24 hours a day to respond to your urgent concerns.