

“Teeth-In-A-Day” or Full Arch Post Operative Instructions

1. **Do not disturb the surgical sites** as you may invite *irritation, infection, and bleeding*.
2. **Bleeding:** We do not expect a lot of bleeding from this surgery, however, if bleeding occurs, moisten the gauze to prevent it from sticking to the surgical site. Keep the gauze in place for at least 20–30 minutes. Bite down by applying slight pressure and then remove the gauze every 20-30 minutes until bleeding stops. **SPOTTING** of blood is normal for the first 24 hours. If bleeding is extremely heavy and is not slowing down with pressure, please call the office. **DO NOT EAT, DRINK, OR SLEEP WITH GAUZE IN YOUR MOUTH AS IT CAN BE A CHOKING HAZARD.** If you have a fixed denture, place the gauze between the denture and your lip. When you sleep, we recommend sleeping with two pillows to keep your head elevated for the first few days.
3. **Rinsing: Do not rinse aggressively for the first 24-48 hours following surgery.** It is very important to maintain the blood clot over the healing site and rinsing will disrupt it. Use the prescription mouth rinse (Periogard) to do *head tilt rolls* as instructed by assistant. In conjunction with the prescription rinse, it is also recommended that you do warm salt water rinses in between meals. A plastic irrigating syringe (Monoject syringe) will be provided to irrigate under the fixed denture (if applicable). You will notice your sutures coming loose at around 1-2 weeks and they may completely come out when you rinse.
4. **Swelling:** To aid in the prevention of swelling after oral surgery, ice packs should be placed at intervals of 20 minutes on and 20 minutes off externally around the surgical site. We recommend to ice for a minimum of 4 hours post-surgery. Do not place ice packs inside the mouth. **Maximum swelling and bruising does occur 72 hours after surgery.** Bruising can be blue, purple, green, yellow, or brown and travel down the neck or up the cheek as it heals.
5. **Food:** For the first four weeks following surgery, you will be placed on a primarily liquid diet. Protein shakes or anything that you can put in a blender is ideal. It is important that after implant placement, you do not aggressively chew directly over the surgical sites as this puts unnecessary pressure on the implants. This could potentially compromise the implants and cause them to prematurely fail. At your 6-8 week check at the Ueno Center, we may recommend more food options depending on how you are healing.
6. **Antibiotics:** If antibiotics are prescribed, be certain to continue taking the full course. If you develop hives or a rash, please discontinue use, take Benadryl, and call our office immediately! Antibiotics are prescribed as a precaution; however, this does not mean an infection will not occur.
7. **Rest:** Get adequate rest. Strenuous activity can cause renewed bleeding and delayed healing for 5-7 days following a procedure. The proper care following the surgical procedure will hasten recovery and prevent complications.
8. **Smoking and Vaping:** Please refrain from smoking for at least 7 days post op as this can hinder the healing. Be aware that smoking and/or alcohol use may negatively affect the

short and long term success of the implant(s). There is separate paperwork regarding smoking.

9. **Bite:** This is very important! If you notice that your bite is not even, contact us immediately. If your bite feels “off” or “heavy” on one side, your implants may be getting too much pressure on them and the dentures will need to be adjusted. If the dentures are not adjusted, the implants are at risk of failing. Your bite should feel even at all times and do not hesitate to contact us or your restorative dentist if you need an adjustment.
10. **Water-Pik** - You will be given a Water-Pik to help clean under the denture at your first post-op visit. Use this at the highest level that is comfortable to you to ensure the best hygiene. The Waterpik is the most effective at levels 6-10.