

# IMPLANT-SUPPORTED DENTURE POST-OP INSTRUCTIONS

Following placement of implant supported dentures, post-procedural pain, swelling and complications can be minimized or avoided if the following instructions are closely followed (specifically in the first 72 hours):

- Avoid disturbing the surgical site – no smoking, vigorous rinsing, swishing, or spitting.
- Avoid use of a straw as the change in pressure in your mouth could disturb the surgical site.
- Avoid tobacco and alcohol as these products can significantly slow the healing process.
- Limit physical activity – higher heart rate increases bleeding/swelling.



**BLEEDING:** Some bleeding is expected following any surgical procedure and is a normal part of healing. You may have bleeding and/or redness in the saliva for 24-48 hours. Gauze will be provided to you to help control bleeding following your procedure. Apply pressure to the gauze on the surgical site for about 20-30 minutes at a time.



**SUTURES:** If stitches were placed, we will let you know. Typically, they will dissolve within approximately 4 weeks. If they need to be removed by us, we will schedule a follow up appointment to do so.



**SWELLING:** is also a normal part of the healing process and can increase for 2-3 days following any surgery. You will be given re-usable ice packs to minimize pain/swelling for the first 24-48 hours.



**PAIN:** Post procedural pain typically develops once the anesthetic wears off. Mild/moderate pain should be manageable by alternating over-the-counter pain reducers such as 800mg of Ibuprofen (Advil or Motrin) and 1000mg Acetaminophen (Tylenol) every 4-6 hours around the clock for the first 24 hours and then taper down to an as needed basis depending on your comfort level. For severe pain, a narcotic medication may have been prescribed to you. It is important that you take this medication as directed with food and do not drive or operate any sort of vehicle while taking this prescription.

**\*\*IF NORCO IS PRESCRIBED – DO NOT TAKE WITH TYLENOL. \*\***



**DIET:** It is important to remember that the implants are the weakest at the time of initial placement and up to 4 weeks following. During this time, we highly encourage a soft diet to avoid any complications with implant integration. The healing of your implants is contingent on them not moving. Chewing anything hard or crunchy can cause your implants to fail or your temporary denture to break.



**ORAL HYGIENE:** Good oral hygiene is essential for healing. Beginning the day after surgery, gently rinse with warm salt water or StellaLife Rinse. Be sure not to swish vigorously as this could disrupt the surgical site. 3-4 weeks following surgery, when your initial healing is completed, you will begin to use a WaterPik or curved tip syringe to gently clean under the denture twice daily and as needed. Do not use a WaterPik until instructed to do so at your post op visit.



**THINGS TO KNOW:** The denture that you will be given immediately following surgery is temporary until your implants are integrated and ready for the final prosthesis. Because this is a temporary material, it is not as strong as the final material will be and can possibly chip or break in areas. If this happens, please call our office so that we can have a new temporary made for you. Initially, your gum tissue will be swollen and touching the denture. However, as time passes and swelling minimizes, you may notice some spaces between the denture and your gums. This will be corrected on your final denture.



**POST OP VISITS:** We will schedule a 1 week and 4 month follow up appointment to evaluate healing and complete the remainder of your treatment.