



Attleboro
Family Dental
Care

Pre Op & Post Op Instructions for All-on-X

Pre-op

Before your surgery you will be prescribed medications for the surgery. It is important that you bring them for your pre-op appointment so the doctor can confirm they are correct and go over how to take them.

On the morning of surgery it is important that you eat a small meal before arriving to the office and with your medications.

For your surgery day you should bring your medications, **wear comfortable clothing and footwear**, and bring a book or other form of entertainment for downtime during your surgical day.

Post-op

Here are some guidelines and instructions for you to follow to aid in your healing and recovery:

- Rest at home and take it easy for the first 72 hours following surgery.
- **No smoking for at least 2 weeks following surgery**
- Please refrain from pulling on your lips or cheeks to inspect the surgical sites. This action could tear your sutures or delay healing.
- Take your prescribed medications as directed.
- **Soft foods diet 6-8 weeks**

Hygiene & Maintenance: An All-On-X prosthesis sits firmly on your gums. Therefore, you need to maintain a strong hygiene routine such as brushing, flossing and rinsing in order to help clean under your prosthesis.

The first 48 hours, **Do not rinse, drink through a straw, or swish**. After 48 hours, you may use the prescribed mouthwash provided by the doctor. **Do not brush for the first two weeks, after that you may brush and use the provided water flosser.**

*******CONTINUED ON BACK*******

Swelling and Bruising:

Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face at 15 minute intervals for the remainder of the day. Moist heat such as a warm, wet wash cloth, will aid in reducing swelling after the first 48-72 hours.

Swelling usually reaches its maximum within the first 72 hours post-surgery and then slowly decreases.

Bruising sometimes occurs after implant surgery. Bruising often develops a few days post-surgery and may be located either above or below the area that implants were placed. This is normal and typically resolves after the first week.

Diet and Recommended Foods:

It is extremely important to be on a soft diet for the first 6-8 weeks of healing. During this time your implants are integrating, and you're wearing a temporary prosthesis that is not meant to be used to chew hard or crunchy foods.

What Are Some Examples Of Acceptable Foods To Eat?

Acceptable foods are soft and easy to chew and swallow. These foods may be chopped, ground, mashed or pureed. This diet should be followed for the first 3 months after your surgery. Follow "Plastic Spoon Rule" It should be able to be cut with plastic spoon. Below are some recommendations:

Fruits/Vegetables	Meats/Proteins	Carbs/Starches	Snacks/Misc
<ul style="list-style-type: none">- Apple Sauce- Cooked fruits or ripe fruits- Canned fruits without skin or seeds- Well-cooked soft veggies (canned soft vegetables too)- Mashed Avacado- Fruit Smoothies (Avoid seeds)	<ul style="list-style-type: none">- Broiled Fish- Roasted/Stewed Chicken- Soups with small soft pieces of vegetables and meat- Tofu- Scrambled Eggs- Protein Shakes	<ul style="list-style-type: none">- Soft Loaf Bread- Pancakes- Waffles- Macaroni/Pasta/Rice Pasta (cooked soft)- Oat Meal/Cooked Cereal/Cream of Wheat- Mashed Potatoes	<ul style="list-style-type: none">- Pudding- Jell-O- Yogurt- Ice Cream