OnSite SURGICAL PARTNERS

Post-Operative Instructions

Full-Arch Implants (All-on-X) with Fixed Temporary Teeth

Your new teeth are attached to implants that are still bonding to your bone. For the next several months, **what you eat is the single most important factor** in whether your implants succeed. Please also review our **Managing Pain After Oral Surgery** handout.

The Day of Surgery

- A responsible adult must drive you home and stay with you for the first 24 hours. Do not drive, operate machinery, sign important documents, or drink alcohol for 24 hours after sedation.
- Rest with your head elevated on two or three pillows for the first 3 nights.
- Do not rinse, spit, or use a straw today. Let saliva drain from your mouth or swallow it.
- Do not pull your lips or cheeks to look at your teeth or gums.
- Begin your pain medication before the numbness wears off.

Bleeding

- Oozing and blood-tinged saliva are normal for 24–48 hours.
- If you have active bleeding, place folded, moistened gauze against the bleeding area and hold firm pressure for 30–45 minutes without checking. A moistened black tea bag wrapped in gauze can also help.
- Avoid exercise, bending over, and heavy lifting for at least one week.

Swelling and Bruising

Swelling after full-arch surgery is often significant and is a normal part of healing.

- Apply ice to both sides of your face, **20 minutes on, 20 minutes off**, while awake for the first 48 hours.
- Swelling usually peaks on **day 2–3** and then steadily improves over 1–2 weeks.
- Bruising of the cheeks, chin, or neck is common and can take up to 2 weeks to fade.
- After 48 hours, switch to warm, moist compresses.
- Dry, cracked lips and sore corners of the mouth are common. Keep them moist with lip balm or Vaseline.

Your Temporary Teeth

- Your temporary teeth are fixed to your implants. **Do not try to remove them.** Only your surgical or dental team should remove them.
- They are made of acrylic and are not as strong as your final teeth. They can crack if you bite hard foods.
- It is normal for your bite, speech, and the feel of your mouth to be different. Most patients adjust within 1–2 weeks. Reading out loud helps your speech adapt faster.
- **Do not bite into food with your front teeth.** Cut food into small pieces and place them toward your back teeth.
- If your teeth feel loose, crack, chip, or your bite suddenly feels different, stop chewing on them and call your dental office.

Diet: What You Can and Cannot Eat

Your implants must stay as still as possible while they bond to the bone. Chewing puts force on them. **For 10 weeks after surgery, follow a no-chew diet**, unless your surgeon tells you otherwise. **The rule: if you can't cut it with a fork and mash it with your tongue, don't eat it.**

Phase	What to Eat
Days 1–3 Liquids and smooth foods	Protein shakes (Ensure, Boost, Premier Protein), smoothies (eaten with a spoon), broth, lukewarm blended soups, yogurt, applesauce, pudding, Jell-O, ice cream, milkshakes
Day 4 to week 10 Soft, no-chew foods	Scrambled eggs, mashed potatoes, oatmeal, cream of wheat, grits, cottage cheese, flaky fish (salmon, tilapia), tuna or egg salad, refried beans, hummus, avocado, mac and cheese, soft-cooked pasta, soft tofu, well-cooked and mashed vegetables, ripe bananas, soft pancakes soaked in syrup, polenta, risotto
After clearance (usually week 10+)	Your surgeon will gradually advance your diet. Introduce firmer foods slowly, cut into small pieces

Do NOT eat these until your surgeon clears you:

- **Tough or chewy:** steak, pork chops, chicken breast, jerky, ribs, wings, bagels, crusty bread, pizza crust
- **Hard or crunchy:** nuts, chips, crackers, pretzels, popcorn, granola, raw vegetables, apples, carrots, ice
- **Sticky:** gum, caramel, taffy, gummy candy, dried fruit
- **Bite-into foods:** sandwiches, burgers, corn on the cob, whole fruit (anything you would bite with your front teeth)
- **Small seeds:** sesame, poppy, and strawberry seeds, which can lodge under your teeth
- **Very hot foods and drinks** for the first 3 days, and spicy or acidic foods for the first week if they irritate your gums
- **Alcohol** for at least 1 week and while taking prescription pain medication

Tips: Aim for protein at every meal, since it helps you heal. Eat small meals 5–6 times a day. Drink at least 8 glasses of water daily. If you have diabetes, keep monitoring your blood sugar closely, as surgery and some medications can raise it.

Cleaning Your New Teeth

Keeping your teeth and gums clean prevents infection, which is a leading cause of implant problems.

- **Starting the day after surgery:** gently rinse with warm salt water (½ teaspoon salt in an 8 oz glass of water) after every meal and at bedtime. Let the water fall from your mouth rather than spitting forcefully.
- If you were prescribed chlorhexidine (Peridex) rinse, use it twice daily as directed.
- Starting the day after surgery, gently brush the outside and chewing surfaces of your temporary teeth with an extra-soft toothbrush. Avoid brushing directly on stitches.
- **Starting at week 2:** use a water flosser (Waterpik) on the **lowest setting** to clean under your teeth and around the gums. Increase the pressure gradually as your gums heal.
- An end-tuft (single-tuft) brush helps clean around the implants where your teeth meet the gums.

Medications

- Take your pain medication as described in our pain management handout.
- If prescribed antibiotics, take every dose until finished, even if you feel fine. Stop and call your dental office if you develop a rash, hives, or severe or watery diarrhea.
- If prescribed a steroid (such as a Medrol Dosepak) to reduce swelling, take it in the morning with food, exactly as directed.
- Continue your regular medications on their normal schedule unless instructed otherwise.

Smoking and Vaping

Do not smoke or vape for at least 2 weeks, and ideally not at all during healing. Smoking is one of the biggest risk factors for implant failure. For help quitting, ask your physician or pharmacist about nicotine replacement, or call 1-800-QUIT-NOW.

If Upper Implants Were Placed

For 2 weeks: do not blow your nose, sneeze with your mouth open, and avoid swimming and flying unless cleared. A small amount of blood from the nose for the first few days is normal.

What Is Normal

- Swelling and bruising that peak on day 2–3 and then improve
- A sore throat for a few days, especially if you had a breathing tube
- A mild fever (under 101°F) for the first 1–2 days
- Stitches that dissolve or loosen within 1–2 weeks
- Food trapping under your temporary teeth, which is why a water flosser is important

Not normal: numbness of the lip, chin, or tongue that has not worn off by the day after surgery. Please call your dental office right away.

Follow-Up and Your Final Teeth

- Keep all follow-up appointments, even if you feel fine. They allow us to check healing and adjust your bite.
- Your implants typically need **4–6 months** to fully bond to the bone. After that, your temporary teeth will be replaced with a stronger, final set made by your restorative dental office.

When to Call Your Dental Office

Call the dental office where your procedure was done if you have:

- Bleeding that is not controlled after two 45-minute rounds of firm gauze pressure
- Fever above 101°F, or chills
- Swelling that is still increasing after day 3, or pus or a bad taste from the site
- Pain that gets worse after day 3 or is not controlled by your medication
- Numbness that has not worn off by the next day
- Rash, hives, itching, or severe diarrhea while taking a prescribed medication

Call 911 or go to the nearest emergency room for:

- Difficulty breathing or swallowing
- Swelling spreading to the eye, under the jaw, or down the neck
- Heavy bleeding that soaks through gauze and will not stop
- Chest pain, fainting, or signs of a severe allergic reaction (face or throat swelling)

Your surgery was performed by OnSite Surgical Partners at your dental office. For any questions about your healing or your care, contact that office.