



Post-Operative Instructions: All-on-X Treatment

You've just had a major surgical procedure involving tooth extractions and dental implant placement. Following these instructions carefully will help reduce pain, swelling, and risk of infection.

Immediately After Surgery

- Bite on gauze for 30 minutes. Replace as needed until bleeding stops.
 - Avoid rinsing, touching the surgical site, or pulling on your cheeks.
 - Take your first dose of pain medication within 1 hour of surgery—**with food**.
 - Rest today. Resume light activity as you feel comfortable.
 - Apply ice packs on the surgical area—**20 minutes on, 20 minutes off**.
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Bleeding

- Some bleeding or pink saliva is normal for 24 hours.
- If bleeding continues:
 - Bite on a moistened gauze pad for 30–45 minutes.
 - If needed, use a moistened **black tea bag** to help form a clot.

- Avoid for 72 hours:
 - Spitting
 - Straws
 - Rinsing forcefully
 - Smoking
 - Alcohol
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Swelling

- Swelling will peak 2-3 days after surgery.
 - Use **ice packs** for the first 48 hours (20 minutes on/off).
 - After 48 hours, switch to **warm moist heat** for relief.
 - Sleep with your head elevated (30° angle).
 - Perform gentle **oral stretches and massage** starting the day of surgery.
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Pain Management

- Pain peaks around 6 hours after anesthesia wears off.
- **For moderate pain:** Take 400–600 mg ibuprofen every 4–6 hours, alternate with 500-1000 mg of tylenol.
- **For severe pain:** Use prescribed medication as directed (with food).

Avoid if taking pain meds:

- Driving or operating machinery

- Alcohol
- Driving for 24 hours after IV or oral sedation

Optimal pain control schedule:

Time	Medication
Immediately after surgery	Prescription pain med and/or Tylenol
+3 hours	Ibuprofen
+3 hours	Prescription pain med and/or Tylenol
+3 hours	Ibuprofen

Diet

- **Soft food only for 3 months.** Nothing harder than scrambled eggs, pasta, or fish.
 - **No chewing** on your new teeth until cleared.
 - Avoid hot foods until numbness wears off.
 - Drink fluids (1–2 liters/day), but **no straws for 5 days.**
 - Do not skip meals—nutrition helps healing.
 - If you feel dizzy, rise slowly and keep your head up before standing.
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Discoloration & Bruising

- Bruising may appear blue, green, or yellow—this is normal.
- After 48 hours, apply **moist heat** to help fade discoloration.

Nausea & Vomiting

- Caused by anesthesia or pain meds.
- Try eating a small snack and drinking fluids before taking meds.
- If nauseous:
 - Stop eating/drinking for 1 hour.
 - Sip ginger ale or tea slowly—**no straws**.

Smoking

DO NOT SMOKE. Smoking increases implant failure by 4x and delays healing.

Healing Timeline

- **Days 1–2:** Swelling, discomfort. Bite may need adjustment.
- **Day 3:** Swelling and pain usually peaks around this time.
- **Days 3–14:** Steady recovery. Sutures begin dissolving.
- **After 2 weeks:** Begin using a Waterpik and floss threaders.
- **3–6 months:** Final prosthesis placement once healing is confirmed.

Sinus Precautions (if informed of sinus exposure)

- Do NOT blow your nose or use straws for 14 days.

- Sneeze with your mouth open.
 - Slight nose bleeding is normal.
 - Take all sinus medications as prescribed.
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Antibiotics

- Take as directed. Complete the full course.
 - If you get a rash or upset stomach, contact us.
 - Consider a probiotic or yogurt to support digestion.
 - **Note:** Antibiotics may reduce effectiveness of birth control pills.
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Oral Hygiene

- **Day of surgery:** Do not brush or rinse after surgery.
 - **Day after surgery:**
 - Rinse gently with warm salt water ($\frac{1}{2}$ tsp salt in 8 oz water) 3–4 times daily. Use chlorhexidine rinse twice daily.
 - Gently clean surgical sites with a Q-tip dipped in chlorhexidine.
 - Avoid alcohol-based mouthwashes.
 - After 2 weeks: Start Waterpik and flossing under denture.
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Other Notes

- **Numbness** in lips or tongue may last a few days.
- Slight **fever (<101.5°F)** is normal. Call us if it's higher.
- **Bone spurs** may be felt with the tongue—they often resolve on their own.
- Use **lip balm** for dry or cracked lips.
- **Jaw stiffness** (trismus) is normal. Stretch and massage to improve mobility.
- Sutures may come loose—don't worry unless there's bleeding or pain.

Questions or Concerns?

We are here for you 24/7. Please call us if:

- You have increased pain, swelling, or bleeding
- You experience numbness beyond 72 hours
- Your bite feels off or something doesn't seem right

Louisville (502) 897-0424
Elizabethtown (270)-737-6969

Thank you for trusting us with your care. Wishing you a smooth and healthy recovery!
