



Same Day Teeth or “All on X”

How to Prepare for Your Appointment & Post-Op Instructions

WEEKS BEFORE SURGERY

DIET AND SUPPLEMENT RECCOMENDATIONS

Eat a healthy diet. Most people get enough calcium in their diet but a supplement can only help. Calcium supplements from 500 to 1000 mg per day should be plenty. Most people are deficient in Vitamin D 3, which is an important vitamin for bone growth and healing. Take a D3 supplement with 3000 to 5000 IU's (international units) per day.

If you are on a statin drug for cholesterol, take it as prescribed as research shows that controlling cholesterol is important for new bone growth.

The latest research shows that Melatonin improves bone growth after our procedures, and we recommend that you take 5 to 10 mg one to 3 times per week.

These supplements should be started several weeks before your surgery if possible, and continued for 6 months after.

BE AWARE THAT THE FOLLOWING DRUGS INHIBIT BONE GROWTH AND HEALING:

Do you regularly take a lot of NSAIDS (non-steroidal anti-inflammatory medications) like Celebrex, Advil (ibuprofen), Motrin, Mobic, Naprosyn or others medicines that control inflammation and chronic pain for things like arthritis?

Limit NSAIDS to occasional use the month before and the month after surgery. Please be sure to tell us if you take any of these medications on a regular basis (3 to 7 days a week is considered regular use) as we may consider a substitute medication to keep you comfortable while you are healing, which can enhance the final outcome.

DAYS BEFORE SURGERY

Prior to your surgery you will want to: stock up on foods that will help with a liquid and soft diet, fill your prescriptions, and stock up on bags of frozen peas or other cold compresses that adapt to the contour of your face.

DAY OF SURGERY

ICE

You will be given an ice pack at the end of the surgery to take home with you. Apply ice for 30 minutes on, then 30 minutes off until bedtime. Only continue the ice the next day if swelling continues to increase. Typically, the swelling will peak the first morning after surgery and ice will not be needed after the day of surgery.

Some patients use a large bag of frozen peas, or their own form of ice pack. Whatever works best for you is fine, just try to keep the ice conformed to your jaw during the 30-minute intervals the day of surgery.

REST

Rest is probably the single most important thing that you can do to control post-operative pain and complications.

Keeping your head in a slightly elevated position will help. A recliner during the day and extra pillows at night will help control swelling and discomfort.

Rest for the first 3 days, and then listen to your body as to how and when to increase normal activities.

Remember: Through our techniques and medications we do a lot to avoid excessive swelling and bruising, but what you do at home, by following all of these instructions is just as important in limiting post-operative swelling, pain and bruising. That said, it is not uncommon to experience some degree of swelling and bruising after this type of surgery. Bruising may even include under the eyes and along the jaw line for some patients.

No driving, or other potentially hazardous or risky activities for 24 hours after sedation.

RINSING AND BRUSHING

Begin using warm salt water rinses one day after surgery. Using 1 teaspoon of salt in an 8-ounce glass of warm water, **gently** swish around your whole mouth for several minutes. Do this at least 4 times a day, preferably after breakfast, lunch and dinner and before bed for the first week after surgery. This helps to soothe the tissue and helps control bacteria and debris around the surgical area.

Continue to brush and floss all areas of your mouth, avoiding the surgical area(s) for the first week or two. Because of the pumice found in most toothpaste, which can interfere with healing, we recommend Biotene or Peridex (Chlorhexidine) on your brush for the first 2 weeks (we can provide this for you).

DIET

Smoothies and shakes with a balanced nutrition are ideal. Soups, yogurt, eggs, and other foods that can be easily eaten during the first week of healing. Fish, chicken or other soft meats can be introduced after initial healing.

SMOKING AND ALCOHOL

Alcohol is strictly prohibited for the first few days and best if taken only sparingly for the next 3 weeks. Alcohol inhibits healing which is most critical for 3 weeks post op. If you can abstain for the first 3 or 4 weeks, do.

Regarding tobacco: please do not smoke the week before and for three weeks after your surgery. We seldom recommend heavy tobacco users have complex implant procedures done because it increases the chance of implant failure. If you cannot stop smoking altogether, expect some compromise of early healing. Research clearly shows that implant patients that smoke 1/2 pack per day or more have a significant increase in implant complications and failure.

HOW TO TAKE YOUR POST OP MEDS & STAY AHEAD OF THE PAIN

You will be given antibiotics and steroids (to control inflammation, pain, and swelling) in your IV during surgery and IM (in the deltoid muscle located in your upper arm) at the end of the surgery. These are a great aid in controlling post-operative pain and complications.

Once you get home, starting about 4 hours after your surgery (or as soon as you feel ANY discomfort) begin taking Advil (ibuprofen) 3 at a time (600 mg), four times a day, for the next 5 days. A good rhythm to get into is to take them at breakfast, lunch and dinner time and then just before bed.

If while on this base of Ibuprofen you experience discomfort, then take one Extra Strength Tylenol immediately. This can be repeated 4 times a day. This stepwise method of taking over the counter pain meds, takes advantage of their synergistic combination and will control MOST post op pain. If you drink alcohol every day or have any form of liver compromise, or are over the age of 65 years old, we may decrease the Tylenol dose. Let us know if this pertains to you.

Finally, if there is breakthrough pain during this regimen, add one Percocet. If you have no contraindications to taking these medications, these are considered safe doses.

AVOID GOING TO THE PERCOCET BEFORE TAKING IBUPROFEN AND TYLENOL TO SEE IF YOU NEED IT. PERCOCET IS A GREAT DRUG WHEN IT'S NEEDED, BUT CAN HAVE SIDE EFFECTS SUCH AS NAUSEA, CONSTIPATION, AND A POTENTIAL FOR ADDICTION ISSUES IF OVERUSED.

Many of our patients find that they need little or none of this narcotic by taking the Advil and Tylenol correctly.

IF YOU HAVE UNCONTROLLED SEVERE PAIN CALL US FOR HELP. THIS IS NOT CONSIDERED NORMAL AFTER OUR SURGERIES.

ANTIBIOTICS

If you had IV sedation your first dose of antibiotics is usually given through the IV. We will prescribe an oral antibiotic to be taken starting 6 hours after surgery and continued until gone.

Whenever we give antibiotics, we recommend that you also take a PROBIOTIC. Because antibiotics kill not only “bad” bacteria we are defending against, but also “good” bacteria found in your gut. The probiotic helps maintain the good bacteria. This can be taken in the form of yogurt, taking a few spoonfuls 1/2 hour before your antibiotic and 1/2 hour after (plain Activia yogurt is very good for this). Another probiotic option is to ask your pharmacist to recommend an over the counter probiotic in pill form. Continue to take probiotics for 2 weeks after the antibiotic is finished to minimize your risk of complications.

Remember: A fixed TEMPORARY bridge is our GOAL for you to leave with after your surgery, but not a GUARANTEE. If we are not able to place a fixed restoration during the procedure, due to inadequate bone support, you will leave with a full removable denture as a temporary during initial healing.

ENHANCED HEALING

In our office we also add *platelet rich plasma* (PRP) and/or *platelet rich fibrin* (PRF) to almost all of our surgical procedures. This is processed at the time of surgery by drawing a small amount of your own blood and centrifuging it, capturing concentrated healing factors that enhance the healing and success of the procedure. Look on our website for more information about this scientifically proven procedure.

We usually will see you in 3 weeks to remove sutures and evaluate the healing. Call the office or text your doctor if you have any problems before then or if your bite feels off.

If you have questions or problems after your procedure let us know so we can help. During hours call the office: 631-6600, Off hours: text THE DOCTORS NUMBER provided at the surgery.

THANK YOU FOR YOUR TRUST IN PARTNERING WITH US FOR YOUR DENTAL HEALTH.