

Follow-up Appointment (Date/Time): _____



AFTER ALL-ON-X SURGERY

POST-OPERATIVE INSTRUCTIONS

IF YOU RECEIVED SEDATION

Medication will take a full 24 hours to leave your system. You may be groggy for the next day or so. It is common to want to sleep most of the day. Driving is **prohibited** during this 24-hour period.

IMMEDIATELY FOLLOWING SURGERY

Ice your face for the next 3-4 days to reduce swelling. After, you can use heat compresses to help with bruising. It is common to have swelling, bruising, and numbness for the first week to two weeks after surgery, but these should resolve themselves within the first month after surgery. Each person is different, and symptoms will dissipate faster in some than others.

DIET

For comfort over the next few days, you may want to stick to foods like yogurt, pudding, cottage cheese, and protein shakes. When you feel comfortable, you may then move up to your regular modified diet of soft foods (i.e. anything you can easily mash with a fork and the food spreads through the tines: scrambled eggs, mashed potatoes, fish, pasta, rice, beans, meatloaf, soup). **You can see some recipes on our website www.renuprostodontics.com.**

- **DO NOT** eat foods that require tearing or biting with your front teeth, such as pizza, tortillas, sandwiches, bagels, etc.
- **DO NOT** eat hard foods such as carrots, chips, apples or nuts.
- **DO NOT** eat chewy foods or foods that require lots of chewing to break apart such as lettuce, melted cheese, or gum.
- **DO NOT** use a straw or spit.

CLEANING YOUR NEW TEETH

Please brush your teeth twice daily. Only brush teeth on the bridge, **not up to the gums**. Rinse with water, or salt water, after all meals. Your oral surgeon may have prescribed an antibiotic mouth rinse; follow the directions for rinsing with this as overuse can cause the teeth to stain.

PAIN MANAGEMENT

Your oral surgeon may have prescribed an antibiotic, as well as pain medication for you. Please make sure to take the antibiotic as directed and to finish the entire course to decrease the risk of infection. The pain medication is optional depending on everyone's tolerance. OTC medications such as Tylenol, Advil, Motrin, Aleve, etc. may be substituted for the prescription medication as your pain decreases. It is recommended to take any medication with food as it may upset your stomach.