

## POST OP DIRECTIONS FOR FULL ARCH SURGERY

**IT IS IMPERATIVE FOR YOU TO MAINTAIN A SOFT DIET UNTIL NOTIFIED. THE SUCCESSFUL INTEGRATION OF YOUR IMPLANTS DEPENDS ON THIS. IF YOU SMOKE YOU ARE ADVISED NOT TO DO SO. DOING SO PLACES YOUR IMPLANTS AT RISK.**

1. DISCOMFORT- You may take the pain medication prescribed if you need to tomorrow~NOT TODAY. After that take 3 Advil and 1 Tylenol every 6 hours as required.

2. SWELLING- Apply ice to the surgical area, 20 minutes on 20 minutes off. This can be done for the first 24 hours. After that apply moist heat. Try to sleep on your back with your head elevated for the first few nights. Some bruising and discoloration of the skin is normal. Swelling usually peaks at 48 hours

3. INFECTION- You have been given a bottle of prescription rinse. Beginning tomorrow rinse 2-3 times per day. Finish the bottle. Also finish your antibiotics.

4. DIET- It is important to not place any stress on the implants. Eat soft foods/liquid diet until notified. See the separate list provided for acceptable foods to eat.

5. BLEEDING- It is not unusual for there to be some oozing after surgery. This may last for up to 24 hours. Sitting upright and by not exerting yourself you will decrease chances of this.

7. SMOKING- It is VERY important that you do not smoke during the healing phase. This may affect the healing of the implant significantly. If you must smoke wait at least 72 hours. Remember smoking voids all warranties on your procedures.

8. ORAL HYGIENE- Beginning tomorrow you may brush your prosthesis. Rinse with provided Paroex 3 times a day for 1 minute. You may also use warm salt water to rinse your mouth in between the Paroex. Once the initial healing is done you will be given a Hydrofloss and Brushes to clean below. There is space below the temporary that will decrease as you heal. Your final prosthesis will have no gaps.

9. PROBLEMS- If you have any questions or concerns please call me at my office 973-895-7995. If after hours call me on my Cell 201-618-7978