



## Post-Operative Instructions Following All-on-X Treatment

**If you need assistance during non-business hours, please text us at (469) 907-5250.**

This is the same number used for appointment confirmations. Messages are checked periodically after hours.

### Important Notes

- Mild to moderate soreness, swelling, bruising, and minor bleeding are normal following All-on-X surgery.
- Swelling is usually greatest during the first 2–3 days and gradually improves afterward.
- Your temporary prosthesis is designed to protect your implants while healing occurs.
- It is extremely important to follow all dietary and home care instructions to prevent implant failure or complications during healing.
- Smoking and vaping significantly increase the risk of implant failure and delayed healing.

⚠ Do NOT smoke or vape during healing.

## Immediately Following Surgery

- Rest for the remainder of the day after surgery.
- Take prescribed medications exactly as directed.
- Begin pain medication before the numbness completely wears off.
- Apply ice packs to the outside of the face:
  - 20 minutes on / 20 minutes off
  - Continue for the first 24 hours
- Sleep with your head elevated using extra pillows for the first few nights.
- Drink plenty of fluids to stay hydrated.

## Bleeding

Minor bleeding or pink saliva is common during the first 24–48 hours.

### To Control Bleeding:

- Bite gently on gauze if instructed

- **Avoid excessive spitting or rinsing**
- **Rest and keep your head elevated**

Please contact our office if:

- **Bleeding becomes heavy or continuous**
- **Your mouth is rapidly filling with blood**
- **Bleeding does not improve with pressure**

## Swelling & Bruising

Swelling and bruising are normal after implant surgery.

### To Reduce Swelling:

- **Use ice packs for the first 24 hours**
- **Switch to warm compresses after 24 hours if needed**
- **Keep your head elevated while resting**

Swelling may extend into the cheeks, jawline, or under the eyes and typically peaks around day 2–3.

## Pain Management

Post-operative discomfort is expected during the healing phase.

### Common Pain Medications:

- **Ibuprofen (Advil/Motrin) for inflammation and discomfort**
- **Tylenol (Acetaminophen) may be taken safely with Ibuprofen unless otherwise directed**

If stronger medication was prescribed:

- **Take only as directed**
- **Avoid alcohol**
- **Do not drive or operate machinery**

⚠ Do not take medications on an empty stomach.

⚠ Always take medication with food.

⚠ Do NOT exceed:

- **3200 mg Ibuprofen in 24 hours**
- **3000 mg Acetaminophen in 24 hours**

If prescribed stronger

- **Avoid alcohol**

- Do not drive or operate machinery
- Use only as directed

## Antibiotics

If antibiotics were prescribed:

- Take them exactly as directed
- Complete the full course

Contact our office immediately if you develop:

- Rash
- Difficulty breathing
- Severe stomach upset
- Signs of allergic reaction

## Diet Instructions (VERY IMPORTANT)

Your implants need time to integrate with the bone. Excessive chewing pressure during healing may compromise implant stability.

### Strict Soft Diet Required

**Avoid:**

- Hard foods
- Crunchy foods
- Tough meats
- Nuts
- Chips
- Raw vegetables
- Sticky foods

**Recommended Foods:**

- Yogurt
- Eggs
- Mashed potatoes
- Pasta
- Protein shakes
- Soup (lukewarm)
- Smoothies (without straws)
- Soft fish
- Oatmeal

⚠️ Even though your temporary teeth may feel strong, they are NOT designed for heavy chewing during healing.

## Oral Hygiene & Cleaning

Keeping the surgical area clean is essential for proper healing.

### **During the First Few Days:**

- **Avoid vigorous rinsing**
- **Do not spit forcefully**
- **Do not use straws**

### **Starting the Day After Surgery:**

- **Gently brush remaining natural teeth if present**
- **Use a soft toothbrush around the prosthesis**
- **Use prescribed mouth rinse if instructed**

### **Long-Term Cleaning:**

Your All-on-X prosthesis requires professional maintenance and excellent home care.

You may eventually be instructed to use:

- **Water flossers**
- **Super floss**
- **Proxy brushes**
- **Implant-specific hygiene tools**

## Sutures

Sutures may dissolve on their own depending on the type used.

- **Avoid touching sutures with fingers or tongue**
- **Minor loosening of sutures is usually not an emergency**

Please contact our office if you notice:

- **Significant opening of the surgical site**
- **Excessive bleeding**
- **Severe discomfort around sutures**

## Activity Restrictions

For the first several days:

- **Avoid strenuous exercise**
- **Avoid heavy lifting**
- **Rest as much as possible**

Normal activity may gradually resume as tolerated.

## Sinus Lift Considerations (If Applicable)

If a sinus lift was performed, additional precautions are necessary.

### **DO NOT:**

- **Blow your nose forcefully**
- **Sneeze with your mouth closed**
- **Use straws**
- **Smoke**
- **Create pressure in the sinus area**

If you need to sneeze, keep your mouth open.

## Temporary Prosthesis Expectations

Your temporary teeth are designed to:

- **Protect implants during healing**
- **Allow basic function and esthetics**
- **Guide proper healing**

### **During Healing:**

- **Mild speech changes are normal initially**
- **Increased saliva is common temporarily**
- **Minor pressure spots or sore areas may occur**

Please contact us if:

- **The prosthesis feels loose**
- **You notice a crack or break**
- **You develop severe sore spots**
- **Your bite feels significantly uneven**

## When to Contact Our Office

Please call or text us immediately if you experience:

- **Fever over 101°F**
- **Severe or worsening pain**

- **Heavy bleeding**
- **Significant swelling after several days**
- **Difficulty breathing or swallowing**
- **Pus or foul taste from surgical sites**
- **Loose prosthesis or loose implants**

## Healing & Final Prosthesis

Healing and implant integration typically take several months before your final prosthesis is delivered.

Your final restoration will provide:

- **Improved strength**
- **Better esthetics**
- **Enhanced comfort and function**
- **Long-term durability**

Following all post-operative instructions is critical for long-term implant success.