



Raul S. Molina, D.M.D., M.S.
Board-Certified Periodontist

Post-op Care for All on 4-6 Procedure

Oral Hygiene

Standards of good oral hygiene are *critical* for the success and functionality of the implants and restoration. The best way to prevent infection and ensure healing is to *keep your mouth clean*.

Clean your mouth thoroughly after *each meal beginning the day after surgery*. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Gentle Brushing! DO NOT touch gums or impact the tissue for two weeks after surgery. We recommend a baby tooth brush and baby tooth paste to help clean the denture, but the goal is to rinse with gentle mouthwash such as Closys and or water to remove any food that may be stuck under the denture.

Use of a dental waterpik is highly recommended to irrigate underneath the denture to flush out debris but, **DO NOT begin use of the dental waterpik until you are directed by Dr. Molina to do so.**

Bleeding

Minimal bleeding is expected after this implant procedure. The best way to stop bleeding is to place a damp piece of gauze or a warm tea bag in the mouth and gently bite for 30 minutes. Rest quietly with your head elevated. If bleeding continues, use gauze for an additional 30 minutes.

Pink or blood-tinged saliva may be seen for 2-3 days following the surgery and does not indicate a problem.

Suture material may last 2 to 3 weeks and should be left alone.

You will be asked to return to the office for a 2 week follow-up appointment.

Any sutures remaining at that time may be removed at the surgeon's discretion. Do not pull or cut the sutures yourself.

Swelling

Swelling is the body's normal reaction to surgery and healing. The swelling will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days, usually the same time that pain



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peaks. After this time, the swelling should decrease but may persist for 7-10 days.

Swelling may be minimized by the immediate use of ice packs.

Apply the ice packs to the outside of the face 20 minutes on and then 20 minutes off while awake for the first 24 hours.

After 48 hours, begin use of a warm, moist compress to the cheek.

Medication / Pain

Unfortunately, most oral surgery is accompanied by some degree of discomfort. If you do not have an allergy to non-steroidal anti-inflammatory medications like Ibuprofen (Motrin, Advil) we recommend taking this prior to the local anesthetic wearing off. More severe pain may require a narcotic pain medication IF it was prescribed to you.

Take the narcotic medication and 400mg (2 tablets / 200mg each) of Ibuprofen together every 4-6 hours as needed for pain. While taking a narcotic pain medication you may not drive or operate mechanical machinery. The prescribed pain medication will make you drowsy. Once you feel like you can stop the narcotic, use Ibuprofen and Tylenol together as needed.

All medication should NOT exceed the recommended dosage.

You may also be prescribed an antibacterial mouth rinse which should be used twice daily in the first two weeks following implant surgery.

Post-operative antibiotics should be taken as directed and always take entire course of the prescription.

All medications should not exceed the recommended dosage.

Activity

For the first week to 2 weeks you should rest and relax with no physical activity. After, you may resume activity as tolerated. Avoid excessive heat and sun exposure!

****NOTE:** If you are taking PLAVIX or COUMADIN, do NOT take Ibuprofen or Aspirin products.



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Food Suggestions for the first 6 weeks

Drinks (NO STRAWS)

Eat:

- Water Jell-O Scrambled Eggs Fish
- Juice Pudding Cream of Wheat/Oatmeal Pasta
- Ice Chips Yogurt Soups Pancakes
- Popsicles Ice Cream Mashed Potatoes Applesauce
- Smoothies/Protein Shakes Cottage Cheese
- Milkshakes
- Broths
- A BALANCE DIET IS POSSIBLE AND ESSENTIAL TOWARDS HEALING

Additional Information

If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with an ointment such as Vaseline.

Sore throats and pain when swallowing are not uncommon. The muscles get swollen and the normal act of swallowing can become painful. This will subside in 2 to 3 days.

Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days. Do not force your mouth open. Massage the muscles and apply moist heat.

With upper jaw implant treatment, you may develop bleeding from the nose. This is usually, a temporary finding and will not persist past 2 to 3 days. Avoid blowing your nose for several days.

An appointment with your general dentist may be needed within a few days of surgery to make any adjustments to your temporary denture.

Your case is **individual** as no two mouths are alike. Discuss all questions or concerns with your oral surgeon or implant coordinator Ms. Cindy Kaleel.