



After All-On-X

POST-OPERATIVE INSTRUCTIONS

Careful post-operative care helps protect your implants and temporary bridge during healing. Follow your surgeon's individualized instructions if they differ from this handout.

01 Bleeding

- Light oozing is normal for the first **24-48 hours**.
- Bite firmly on thick, folded gauze for **30 minutes**; replace as needed.
- Avoid spitting, vigorous rinsing, straws, and touching the surgical area.

02 Swelling & Bruising

- Swelling generally increases for **48-72 hours**, then should begin improving after day 3.
- For the first 24 hours, apply ice packs for **20 minutes on, 20 minutes off**.
- After the first 24 hours, use a warm compress or washcloth for comfort.
- Keep your head elevated on **3-4 pillows** when resting.

03 Pain Control

- Take your prescribed pain medications exactly as directed. Do not wait for pain to become severe.
- Your surgeon may recommend **ibuprofen 800 mg every 8 hours** with **acetaminophen (Tylenol) 500-1,000 mg** with, or in between, ibuprofen doses, on a schedule for the first 3 days.
- **Contact our office if you have questions regarding pain medications and dosages.**
- Use this regimen **only if approved for you**. Do not exceed your prescribed doses or the daily acetaminophen limit; account for acetaminophen in combination pain medications.
- Take medications with food when appropriate to reduce stomach upset.

04 Antibiotics

- If antibiotics are prescribed, take the full course exactly as directed, unless your surgeon advises you to stop.



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POST-OPERATIVE INSTRUCTIONS / CONTINUED

05 Avoid Smoking & Alcohol

- **No smoking or vaping for at least 12 weeks.** Nicotine and smoking can substantially increase the risk of implant complications and failure.
- Avoid alcohol for at least **72 hours** and while using sedating pain medication or any medication that interacts with alcohol.

06 Diet - VERY IMPORTANT

Your temporary bridge is attached to healing implants and is **not designed for chewing hard foods**. This protects the implants as they integrate with the bone (osseointegration).

SOFT DIET ONLY - FIRST 4 MONTHS



Do not bite directly into foods. Choose foods that need little or no chewing.

FOODS YOU CAN EAT

- Scrambled eggs, yogurt, applesauce
- Mashed potatoes, oatmeal, soft pasta
- Soups, smoothies (without straws)
- Soft fish, well-steamed vegetables

FOODS TO AVOID

- Hard, crunchy, or chewy foods; nuts, seeds, chips
- Raw vegetables, tough meats, and biting into any food

07 Oral Hygiene

- **First 24 hours:** Do not rinse, spit forcefully, or brush near the surgical area.
- **After 24 hours:** Gently rinse with warm salt water **3-5 times daily**, especially after meals and snacks.
- Gently brush the teeth of the prosthesis with a soft brush. Avoid brushing the gumline around surgical sites.
- Do not use water flossers or electric flossers until your surgeon approves, commonly after the 2-week visit.



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POST-OPERATIVE INSTRUCTIONS / CONTINUED

08 Caring for Your Temporary Prosthesis

- Your current prosthesis is temporary. The final bridge will be stronger and more precisely fitted.
- Avoid heavy biting and clenching. Some gum pressure is common at first.
- Speech changes may occur initially and generally improve with time.

09 Warning Signs - Call Your Surgeon

Call **410-268-7790** promptly if you experience any of the following:

- Heavy bleeding that does not stop with pressure
- Pain that is not relieved by prescribed medication
- Fever over **101°F (38.3°C)**
- Swelling that increases after day 3
- Foul taste or drainage suggesting infection
- A very loose or broken prosthesis
- Sudden popping or unusual movement in the bridge

10 Follow-Up Appointments

Your actual appointment schedule may vary according to your healing and treatment plan.

2 WEEKS

Healing check with your surgeon

1 MONTH

Soft-tissue and prosthesis evaluation with your surgeon

3-4 MONTHS

Implant evaluation with your surgeon; final prosthesis impressions with your dentist

4-6 MONTHS

Delivery of the final bridge with your dentist

QUESTIONS OR CONCERNS?



Call **410-268-7790** for office and after-hours assistance. For trouble breathing, severe allergic symptoms, or other life-threatening emergencies, call 911.