

Eating

Only liquids should be taken until numbness wears off. Soft foods are recommended for one or two days after an extraction, and for 3 months following implant surgery. Proper nutrition is vital to facilitate healing. Oatmeal and yogurt work well to keep the stomach acids normal especially when taking medication. Not eating correctly can result in fatigue, headache, dehydration, and delayed wound healing. If you are a diabetic, maintain your normal caloric intake and medication and monitor your blood sugar carefully. Drink at least four 8 oz. glasses of fluid daily. See soft diet recommendations on the website or in the Prosthodontics Intermedica "From Soup to Nuts" cookbook.

NUTRITIONAL SUPPLIMENTS: Outlined in the "PRE-OP Brochure", they are strongly recommended.

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Oral Hygiene

Following Tooth Removal

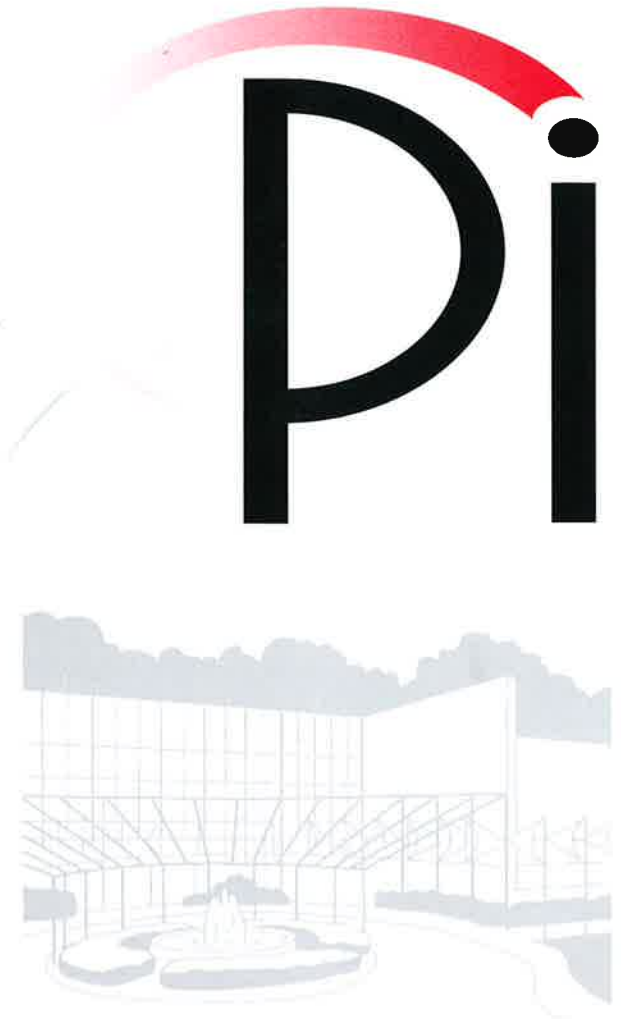
No rinsing or spitting for 48 hours following tooth removal. On the third day following surgery, rinse with warm salt water (half teaspoon of salt in 8 ounces of warm water) or other rinses prescribed by your doctor. Rinse thoroughly 4 to 5 times daily for one week. Prescription mouth rinse may continue until your next appointment. Gentle tooth brushing may be done with special caution near the area of the surgery. Avoid suture areas while brushing. This should not be done until the day after surgery. Use the special brush recommended by the Pi staff.

Following Implant Surgery

No rinsing or spitting for 48 hours following implant placement. On the third day following surgery, gentle salt water rinses (half teaspoon of salt in 8 ounces of warm water) are permitted 4 times daily or use the rinse prescribed by your doctor. (Crushed ice/ice water may be held in the mouth.) **Do not rinse or spit out the ice.** Either swallow the water or let it gently run out of the mouth. Use the soft bristle brush that is supplied by Pi Dental Center around suture areas until sutures are removed. Use of a Water Pik is helpful at a low setting of 4 to 6 after sutures are removed. The Water Pik can be used normally around the natural teeth avoiding the surgical site.

After Tooth Removal or Dental Implant Surgery

Post-Operative Care For The Prosthodontic Patient



Normal Expectations

• Some Swelling and/or Black and Blue

Most patients experience minor swelling. Some also experience bruising of the skin that may even extend down the neck and onto the chest. Both skin and gums may be tender to the touch. Lower jaw soreness may occur if the area under the tongue is swollen or black and blue.

• Chapped or Cracked Lips

Use Aquafor, an over-the-counter product for relief.

• Tongue Size

If teeth have been missing for a long period of time, the tongue naturally expands to occupy more space. It will adjust itself to return to its normal size and position.

• Temporary Prosthesis

The first Teeth In A Day™ prosthesis is made from plastic. These teeth easily chip or crack if the patient bites down too hard. Use the bite guard if one is provided. Additionally, the tongue will be aware of the openings for the implant retaining screws.

• Biting Pressure

Softer foods should be eaten for the first 12 to 16 weeks, increasing the chewing capacity as the bone heals. The doctors will adjust the biting contacts so that pressure will be applied to the strongest areas of the mouth, protecting the weaker or softer bone.

• Staining

Some prescription mouth rinses are very strong and may superficially stain the temporary teeth. This can be kept minimal with thorough tooth brushing and can be removed at regular hygiene visits.

• Nose Bleeds

Patients who have general anesthesia commonly have short term nose bleeding. Should it persist for more than three days, contact our Pi staff.

Unusual Symptoms

Should any unusual symptoms occur such as high fever, excessive bleeding, increased swelling or excessive pain, call the center at (215) 646-6334.

What NOT to do for 48 Hours After Surgery.

- ▶ DO NOT drink through a straw.
- ▶ DO NOT drink very hot beverages.
- ▶ DO NOT drink carbonated beverages.
- ▶ DO NOT skip any meals.
- ▶ DO NOT perform cardiovascular exercises, or weight lifting for 48 hours.
- ▶ DO NOT smoke.
- ▶ DO NOT apply heat to the surgical area.
- ▶ DO NOT drive your car while applying the ice packs.
- ▶ DO NOT blow nose if surgery was in the upper jaw.
- ▶ AVOID spitting.

Medication

You may use any over-the-counter pain medication for mild to moderate discomfort. A prescription for stronger pain medication is provided after surgery. The first dose should be taken before the anesthesia wears off. Take pain medication and antibiotics only as directed and read directions and warnings carefully. Never take more of your prescription than advised.

Control Of Bleeding

Bite gently on gauze placed in the mouth for 30 minutes allowing blood to form a healthy clot. Remove the gauze, wait a few seconds and observe the treatment area. If it continues to bleed, place water dampened gauze at the surgery area for another 30 minutes. If bleeding has stopped, no further gauze is necessary. Episodes of light bleeding are not unusual after removal of some teeth or following implant surgery. If application of gauze does not stop bleeding on the second try, double wrap a tea bag with a slightly dampened gauze pad and gently apply the tea bag to the area for 45 minutes.

Control Of Swelling

OUTSIDE THE MOUTH:

Following implant placement, place ice packs on your face adjacent to the area for 48 hours. Apply ice packs for 20 minute intervals, meaning 20 minutes on the face and 10 minutes off. The 10 minutes off the face will prevent injury to the skin.

INSIDE THE MOUTH:

Apply "cold" inside the mouth by using crushed ice, ice cream, sherbet, snow cones or very cold liquid.

STAY UP LATE:

Staying upright with ice application has great benefits. Enjoy a late movie.