

## ALLONX PREOP/POSTOP/FOOD SUGESTIONS

### All – On- Four (Pre-Operative) Instructions

- **Start your antibiotics and Methylprednisolone (steroid pack) 24 hours before your surgery!**
- DO NOT eat solids for 6 hours prior to your procedure but you may have clear liquids up to 4 hours prior to your procedure.
- Unless specified by your doctor, all medication taken on a routine basis should be continued without interruption (especially blood pressure medication). Please swallow with a minimal amount of water within 2 hours of your appointment.
- **Wear comfortable dark colored clothing.** Do not wear tight-fitting or binding clothes. Please be sure to wear short sleeves.  
\***ABSOLUTELY, NO SWEATSHIRTS AND/OR HOODIES\***
- No make-up/jewelry! Make-up and lipstick will contaminate the sterile field when performing your surgery.
- Plan to arrive at least 15 minutes prior to your appointment for necessary paperwork and payment.
- Empty your bladder immediately prior to your appointment.
- **You must bring someone with you to take you home. You cannot drive a vehicle following your sedation. A responsible adult, over 18 years of age, must accompany you to the office. This responsible adult must escort the patient home, and a responsible adult should remain with the patient for the rest of the day or until the patient is fully awake.**
- Following the sedation, patients should refrain from driving, engaging in any activity that requires alertness or making any legal decisions until the next day.
- **No personal items, cell phones, iPads, tablets, laptops, MacBook's or any other electronic devices will be allowed in the surgery room.**

**Failure to follow any of these instructions may result in cancellation of the appointment and forfeiture of deposit.**

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## All-On-4 Post Op Care and Instructions

### **BLEEDING:**

Some bleeding is to be expected for the first 3-4 hours after the implant procedure. Some oozing until 24 hours' post-surgery may also occur. To stop bleeding, place damp gauze in your mouth and gently bite for 30 minutes. Keep your head elevated. Pinkish saliva may be present for the first 2-3 days following surgery.

**ORAL HYGIENE:** Oral hygiene is critical for the success and functionality of the implants and restoration.

Rinse with warm salt water. Do not create suction, rather tip your head side to side, and let saltwater dribble out (no spitting). For saltwater mix 1/2 teaspoon salt in 8 oz. of water. Clean your mouth thoroughly after each meal beginning the day after surgery. Use a soft bristle toothbrush and toothpaste after meals and at bedtime. Use a nonabrasive toothpaste such as non-whitening toothpaste. Good brands are Toms or OxyFresh. DO NOT begin using the Waterpik until directed by the doctor at post-op visit. Use of dental Waterpik is highly recommended to irrigate underneath the denture to flush out debris. (Use of over-the-counter mouthwash is not encouraged.)

### **SWELLING:**

Swelling is normal with this procedure. Gently apply ice packs (frozen veggies also work) to the area for periods of 20 minutes on, 5 minutes off. Continue to ice for the first 24 hours. The swelling may not become apparent until 24 hours after surgery. Swelling usually peaks on day 3-4 after surgery. After 48 hours, begin use of a warm, moist compress to the cheek.

### **MEDICATION:**

If you do not have an allergy to non-steroidal anti-inflammatory medications (Ibuprofen, Motrin, Advil) we recommend taking these prior to the local anesthetic wearing off. In the event of severe pain, we will prescribe narcotic pain medication. You may or may not be prescribed an antibacterial mouth rinse (this will be at the doctors' discretion.) Please follow the instructions given by your pharmacist.

### **DIET:**

Patients are restricted to a SOFT CHEW diet for the first 4 months. While numb, avoid hot liquids or foods. A liquid-to-soft diet is recommended for the first few days, as your food intake will be limited. We recommend high protein shakes/smoothies (Ensure, Special K, etc.) as meal replacements. Increase diet as tolerated. After 4 months, you can incorporate regular foods back into your diet. However, avoid very hard and/or crunchy food such as nuts, chips, seeds, steak, hard and/or sticky candy, apples, and hard bread like baguettes. These types of food can break and/or damage your temporary denture, as the temporary prosthesis is not as strong as your final prosthesis will be.

### **ACTIVITY:**

No physical activity for the first 3 to 4 days after surgery. After 4 days you may resume activity as tolerated.

### **ALLERGIC REACTION:**

For generalized rash, itching, etc. call your dentist immediately. If you develop difficulty in swallowing, trouble breathing, etc., contact your local hospital emergency room.

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## LIQUID/SOFT FOOD DIET FOR THE FIRST 4 MONTHS

### Drinks (NO STRAWS)

- Water
- Juice (No Pulp)
- Ice Chips
- Popsicles
- Smoothies/Protein Shakes
- Milkshakes (No seeds)

### Foods

- Jell-O
- Pudding
- Scrambled Eggs
- Yogurt
- Ice Cream
- Cream of Wheat/Oatmeal
- Soups
- Mashed Potatoes
- Fish
- Pasta
- Pancakes
- Cottage Cheese
- Apple sauce
- Add Soft Foods When Numbness is Gone/Increase Diet as Tolerated

### Additional Information

- If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with Vaseline
- Sore throats and pain when swallowing is not uncommon. The muscles get swollen, and the normal act of swallowing can become painful. This will typically subside in 2 to 3 days
- Stiffness of the jaw muscles may cause difficulty in opening our mouth for a few days. Do not force your mouth open. Massage the muscles and apply moist heat
- Your case is individual as no two mouths are alike. Discuss all questions or concerns with doctor