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## All on 4 Implant: Post-Surgical Care

Below you will find post-operative instructions for you to follow. It will be important for you to follow all of the instructions below so that your implants heal properly and you do not break the bridge of teeth attached to your implants.

It is important that you do not disturb the wound areas. Avoid rinsing, spitting, or touching the wound on the day of surgery. Do not pull on your lips in an attempt to see what was done. Be as gentle as you can around the bone grafting area.

### **Bleeding**

Some bleeding or redness in the saliva is normal for 24 hours.

### **Swelling**

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice 20 minutes on and 20 minutes off during your waking hours, for the first 48 hours. Swelling generally reaches a peak between 48 and 72 hours and then subsides over the next 3–5 days. If the swelling does not start to decrease by the fifth post-operative day, please contact your doctor immediately.

### **Diet**

Drink plenty of fluids. Avoid hot liquids and hard foods. Soft foods and liquids at room temperature should be consumed on the day of surgery. For the first two weeks, you will need to be on a soft food diet, foods that require little to no chewing and that can be cut with a fork.

Do not drink through a straw. This creates suction, which may damage a healing clot. You may drink out of a cup or bowl, or use a spoon.

After two weeks you can start following the soft-food or "fork tender" diet for three months. This food diet is essential to help the implants heal properly.

### **SOFT FOOD DIET LIST FOR ALL-on-X DENTAL IMPLANT PATIENTS**

### **Pain**

You should begin taking pain medication before the local anesthetic wears off. For moderate pain, ibuprofen (Advil® or Motrin®) may be taken. Ibuprofen bought over the counter comes in 200 mg tablets: 3–4 tablets may be taken every 6–8 hours as needed for pain (no more than 3200 mg/24-hour period). For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medications if you are allergic or have been instructed by your doctor not to take it. This may include patients with liver or kidney disease.

### **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection. Take the antibiotics prescribed by your doctor until they are finished, even if you feel fine. They protect the surgical site from

infection. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications (such as diarrhea).

### **Oral Hygiene**

Good oral hygiene is essential to good healing. Warm salt water rinses (a teaspoon of salt in a cup of warm water) should be used at least 4–5 times a day, especially after meals for the first-week post-surgery.

Use the prescribed mouth rinses twice daily. First, rinse with Colgate Periogard, then Oddent. Rinse for 30 seconds with each mouth rinse, no water after you rinse. No food or drink for 30 minutes after rinsing. Once you have finished the prescribed mouth rinses, you will not need to purchase more.

You may start brushing your teeth and tongue the day after surgery with a soft bristle brush and toothpaste of your choosing. On week four after your surgery, you will want to use a water flosser (e.g., WaterPik) on the low-pressure setting to clean the area between the teeth and gum tissue to flush the area of microparticles and bacteria to keep the area clean and free of infection. After cleaning the area for one week with the low-pressure setting, you can increase the pressure. **DO NOT USE THE WATERPIK WEEKS 1 - 3 POST-SURGICAL PROCEDURE.** Using the water flosser before week four can remove your stitches before your gums have healed, potentially leading to infection.

### **Stitches**

The stitches we use are dissolvable. They can start to dissolve or fall out within a week or two, although it may be a few weeks before they disappear completely. Some may last for several months.

### **Activity**

Keep physical activities to a minimum immediately following surgery. If you are exercising, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise and heal well.

### **Sinus Lift Patients**

The sinus lift is performed to increase the height of bone available for your implant(s). It is imperative that you follow the instructions listed below carefully to maximize your healing and improve the long-term outcome of your sinus lift and dental implant(s).

Do **NOT** blow your nose for at least 7 days, as the pressure will delay or damage your sinus healing. If you have to sneeze, do NOT hold it back — sneeze out. Open your mouth and try to minimize the pressure in your nasal/sinus passages.

You may use nasal decongestants, such as over-the-counter Sudafed® tablets or Afrin® nasal spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.

### **Smoking**

Do not smoke because smoking reduces the blood flow, contaminates the healing wound, and frequently leads to infections. Smoking significantly increases the risk of implant failure. If you need assistance to quit smoking see your general practitioner for assistance.