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**ADDITIONAL POSTOPERATIVE INSTRUCTIONS FOR:
ALL ON 4 (TEETH IN A DAY) AND ZYGOMATIC IMPLANTS**

AFTER ONE WEEK FROM SURGERY DATE

- Please use a soft bristle toothbrush. **DO NOT USE TOOTHPASTE.** Please use a soft circular brushing technique at the junction of the hybrid acrylic implant supported bridge and your natural gum tissue. Be gentle initially when you are brushing these areas. The important item to remember is to keep the surgical areas as clean as possible.
- **DO NOT FLOSS.** Flossing may disturb the biological seal created around the titanium implant abutment which connects the hybrid acrylic bridge to the implant.

AFTER THREE WEEKS FROM SURGERY DATE

- Use a WaterPik on the lowest setting daily to flush out debris from underneath the bridge.
- If you choose to use a mouth rinse, use one that does not irritate your gum tissue such as CloSys, Crest ProHealth or Oxyfresh. These mouth rinses do not contain alcohol. Products containing alcohol could irritate your natural gum tissues or could stain your hybrid acrylic bridge.

DIET

- After general anesthesia or IV sedation, clear liquids should be initially taken to keep you hydrated. **DO NOT USE STRAWS when drinking.** The sucking motion can cause more bleeding. A soft, non-chew diet is recommended for the next 8 weeks. High calorie, high protein intake is especially important. Small meals are encouraged 6-8 times per days. Regular nourishment is essential to healing.
- For the first 30 days. Soups, scrambled/soft boiled eggs, oatmeal, cottage cheese, yogurt, Jell-o/pudding, mashed (potatoes, sweet potatoes, butternut squash), pasta, applesauce fish, ice cream, pancakes, smoothies/ protein drinks are recommended.
- Over the next 4 months foods such as chicken, fish, rice, pasta, very tender meats, and steamed vegetables should be added to your diet. As you prepare meals, think about foods that cut easily with a plastic fork are safe to eat.
- For 6 months avoid foods such as nuts, popcorn, sunflower seeds, pretzels, chips, and any other food that can get lodged underneath the tissue within the surgical site. In addition, stay away from crunchy protein bars, and chewy bread. Once you have your final bridge, you may eat anything you want within reason.

ADDITIONAL INFORMATION

- **Stiffness (trismus) of the jaw muscles** may cause difficulty in opening your mouth for a few days following surgery. In some patients, this is a normal postoperative event. Do not force your mouth open. Massage the muscles and apply moist heat, and usually, these will resolve in time.
- **Discoloration / bruising of the skin** can follow swelling. The development of bruising or black, blue, green, or yellow discoloration is a result of blood spreading beneath the facial tissues. For some patients, this is a normal occurrence which may occur 2-3 days postoperatively. Moist heat applied to the area may speed up the removal of the discoloration. Bruising can take approximately two weeks to resolve.
- **Cracked corners of the mouth** may result from the corners of the mouth being stretched. Your lips should be kept moist with an ointment such as Aquaphor or Vaseline.
- **Sore throats and pain when swallowing** is common. The muscles get swollen, and the normal act of swallowing can become painful. This will subside in two – three days.

YOUR FIRST POST-OPERATIVE VISIT TO THE OFFICE

- Your first follow up appointment at one-week post-surgery will include taking postoperative x-rays to check the implants placed. We will schedule your three month follow up appointment at this visit to check implant integration with bone.
- Our office will coordinate with your restoring dentist to schedule an appointment for you within a few days of surgery to make any needed adjustments to your bridge and your bite.
- If you have any questions or if any problem occurs, please contact our office 24 hours a day at **864-458-9800. If after normal office hours, Dr. Williams will be paged through the Prisma answering service. Please allow time for Dr. Williams to return your call.**