

# After Surgery Care



## **Suggested Diet**

Eat SOFT food initially (soups, smoothies, eggs) until your bite is adjusted at 3 weeks. Over the 4 months healing period, remember:

**IF A FORK DOESN'T CUT IT, I SHOULD NOT EAT IT.**

Foods like pasta, soups, mashed potatoes, minced meat are all good to eat. AVOID crusty bread, chewing gum, apples & hard food.

**Too much pressure on healing implants may cause them to fail.**

We will adjust the bite at 2-3 weeks and you need to do your part by being careful about what you eat.

## **Rest**



Be aware you may feel very flat for a few days after surgery. This is normal. Swelling typically peaks at day 4. Use ice until then to reduce swelling. Many patients have a **big turn at day 10** where they move from feeling sore to feeling comfortable. Having the general anesthetic can make your throat sore and lips crack. It can take some time to rebound after. Listen to your body and rest. We recommend a week off work.

## **Cleaning**



Brush your new teeth daily with a very soft toothbrush and mouth rinse. DO NOT brush the gums around the stitches. Rinse with the mouthwash given or warm salty water after meals and before bed.

Wait to use the water flosser until your dentist has given the go ahead after the 2-3 week check.

## **Next Visit**



You will see the surgeon around 2 weeks after the surgery to check on gum healing. The restorative dentist will adjust your bite and fill the access holes with a temporary filling around 2-3 weeks. After that, the next visit is at 4 months where the surgeon checks the bone/implant healing and the restorative dentist places the permanent coverings over the access holes.

## **Notes**



For best healing, avoid alcohol and cigarettes/smoking.

Ensure you take all medications as prescribed.

**Call the surgeon if you have any pain.**

