

# Post-Operative Instructions for InnovaSmile All-on-X

## Innova Dental Implant Institute

Congratulations on choosing InnovaSmile All-on-X! This advanced procedure provides a full-arch tooth replacement supported by dental implants. Proper care and attention during the healing phase are essential to ensure the long-term success of your new smile. Please review and follow these guidelines carefully.

### Rest and Activity



#### Take It Easy

- ▶ Plan to rest for the remainder of the day after surgery. Avoid strenuous activities—such as heavy lifting, vigorous exercise, or bending over—for at least **3–5 days** to help control swelling and minimize discomfort.



#### No Driving After Sedation

- ▶ If you received IV sedation or general anesthesia, do not drive or operate machinery for at least **24 hours** following surgery. Have a responsible adult accompany you home and stay with you as needed.

### Bleeding



#### Initial Gauze

- ▶ Keep the gauze in place for **30–60 minutes** after surgery, or as directed. Gently change it until bleeding subsides, typically within a few hours.



#### Normal vs. Excessive Bleeding

- ▶ A light ooze or pink-tinged saliva for up to **24–48 hours** is normal. If you experience heavier bleeding, place a **moistened** piece of gauze or a damp tea bag on the site and apply firm pressure for 30 minutes. Contact our office if bleeding does not diminish.



#### Avoid Disruptions

- ▶ Refrain from spitting forcefully, using straws, or smoking—all of which can dislodge the clot and increase bleeding.

## Swelling and Bruising



### Ice Packs

- ▶ Apply ice packs to the sides of your face in **30-minute intervals** (on for 30 minutes, off for 30 minutes) for the remainder of the day after surgery. This helps minimize swelling and bruising.



### Peak Swelling

- ▶ Swelling typically peaks **48 hours** after surgery. Continuing ice on the second day is usually only necessary if swelling continues to increase. After 48 hours, you may switch to warm compresses.



### Elevate Your Head

- ▶ Keep your head slightly elevated (e.g., in a recliner or with extra pillows) for the first **2–3 days** to reduce swelling and improve comfort.

## Pain Management



### Base Medications (Ibuprofen & Tylenol)

- ▶ Begin taking **600 mg of ibuprofen** every 6 hours as your first line of pain control.
- ▶ If you still feel discomfort while on ibuprofen, add **Extra Strength Tylenol** (as directed on the label) in between doses.
- ▶ Always check with your doctor if you have medical conditions affecting the use of NSAIDs or acetaminophen.



### Prescription Pain Medication

- ▶ Use narcotic medication (e.g., Percocet) only if pain persists beyond what ibuprofen and Tylenol can manage. Be aware of possible side effects such as drowsiness, nausea, or constipation.



### Call Us for Severe Pain

- ▶ Uncontrolled, severe pain is not typical after our All-on-X procedures. If you cannot manage your discomfort with the recommended medications, please contact us immediately.

## Medications and Antibiotics



### Antibiotics

- ▶ Continue taking any prescribed oral antibiotics as directed until the full course is completed.



### Probiotics

- ▶ We recommend taking probiotics (e.g., yogurt with live cultures or OTC probiotic supplements) to help maintain healthy gut flora while on antibiotics.

## Oral Hygiene



### First 24 Hours

- ▶ Avoid vigorous rinsing or brushing directly on the surgical site(s).
- ▶ Do not spit forcefully—let fluids gently fall out of your mouth.



### Warm Saltwater Rinses

- ▶ Begin gentle saltwater rinses (1 teaspoon of salt in 8 ounces of warm water) **the day after surgery**, at least 3–4 times daily, especially after meals. Gently swish and let the solution run out without forceful spitting.



### Medicated Rinses

- ▶ Chlorhexidine (Peridex) or a similar antibacterial rinse, use it as directed—usually twice a day for 1–2 weeks.



### Brushing

- ▶ Use a very soft toothbrush or a surgical toothbrush near the implant-supported temporary bridge. Brush other teeth normally.

## Diet and Nutrition



### Immediate Post-Op

- ▶ Start with cool liquids and progress to **soft foods** such as yogurt, soups, eggs, smoothies (without a straw), and applesauce.
- ▶ Avoid very hot foods and beverages for the first 24 hours to minimize bleeding risk and discomfort.



### Hydration

- ▶ Drink **5–6 glasses of water** daily to stay hydrated and aid healing.



## Soft Chewing

- ▶ Stick to a soft food diet for **3-4 months** to allow implants to integrate and to protect the surgical sites. Avoid crunchy, chewy, or hard foods (like nuts, chips, or tough meats) that could stress the implants or gum tissue.



## No Straws

- ▶ Do not use a straw for at least **2 weeks** to prevent disturbing the blood clot and causing additional bleeding.

## Smoking and Alcohol



### Smoking

- ▶ Smoking severely compromises healing and can lead to implant failure. We strongly recommend **to completely stop smoking**.



### Alcohol

- ▶ Alcohol inhibits healing and may interact with pain medications. Avoid alcohol for at least **3 days** post-op (longer if possible).

## Caring for Your Temporary Bridge



### Fixed Temporary Bridge

- ▶ In most All-on-X cases, you'll leave with a temporary fixed bridge on the day of or the day following surgery. While stable, it's not as strong as your final restoration.



### Minimal Chewing Stress

- ▶ Chew gently and avoid biting into hard foods. Do not test the strength of the temporary bridge by biting forcefully on tough items.



### Possible Removable Denture

- ▶ In rare cases, insufficient bone or other factors may prevent placing a fixed restoration. You may be fitted with a removable denture until implants heal sufficiently.

## Follow-Up and When to Call Us



### Scheduled Check-Ups

- ▶ We typically see you within **1–3 weeks** post-surgery to remove sutures and evaluate healing. Then, further check-ups will be arranged (usually at **3, 6, and 12 months**) to monitor implant integration.



### Contact Innova If You Experience

- ▶ Excessive bleeding not controlled by gauze pressure
- ▶ Severe or worsening pain
- ▶ A fever over 101.2°F or signs of infection (pus, foul odor, excessive swelling)
- ▶ Damage to or looseness of your temporary bridge
- ▶ Any unusual symptoms or concerns

### We're Here to Help

By following these instructions, you'll help ensure a smooth recovery and the best possible outcome for your InnovaSmile All-on-X procedure. If you have any questions or concerns, please contact **Innova Dental Implant Institute**. Our team is dedicated to guiding you through every step of the healing process so you can enjoy a healthy, confident smile.



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