

## IMMEDIATE FIXED IMPLANT CONVERSION INSTRUCTIONS

### **Pain**

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For mild to moderate pain, ibuprofen (Advil® or Motrin®) may be taken. A prescription of 600mg Ibuprofen may have been called in; however, Ibuprofen bought over the counter comes in 200mg tablets: 3 tablets may be taken every 6 hours as needed for pain for the first 24 hours. After 24 hours, increase the time interval to every 8 hours. On occasion, an additional prescribed pain medication may be necessary. Always take pain medication as directed with food. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to do so.

### **Diet**

Drink plenty of fluids immediately following surgery. For the entire 12 weeks of healing post implant placement, it is imperative that a soft food diet is followed. The healing of your implants is contingent upon them not moving. Chewing anything requiring multiple chewing strokes to effectively chew can cause an implant to fail or your temporary denture to break. Remember, if you can hear it crunching when you chew, it's too hard! In rare instances, the acrylic temporary denture will break. If this happens, call our office immediately.

For 12 weeks, the rule of thumb is, “eat only foods that can be cut with a fork.”

**Weeks 1-4:** Choose very soft foods, i.e. soups, stews, oatmeal, scrambled eggs, cottage cheese, mashed potatoes, small lentils, veggie/fruit smoothies with yogurt.

**Weeks 4-8:** Introduce soft small pastas, finely ground meats, softer fish, soft cooked vegetables. Eat small bites.

**Weeks 8-12:** Introduce shredded meats, spaghetti style pasta.

### **Antibiotics**

Be sure to take your prescribed antibiotics as directed to help prevent infection.

### **Oral Hygiene**

Good oral hygiene is essential to healing. Beginning the day after surgery, the prescription mouth rinse (Peridex™) should be used 2 times per day until completed as a swish rinse. Swish with warm salt water in addition, at least 6-8 times per day (1 teaspoon salt to 8oz water). A few weeks (1-2) after surgery, when your initial healing is completed, you will begin to use a Waterpik to clean under the denture twice daily and as needed. These can be purchased over the counter at any major retailer. Please purchase a Waterpik with a variable setting of 1-10. Do not use a Waterpik until instructed by Dr. Abey or Dr. Phasuk to do so. Initially, the gum tissue will be swollen and touching the denture. As you heal and the tissue swelling recedes, you will notice a space between the denture and your gums. This is normal and will be corrected on your final denture.

### **Post-Op Visit**

You will see your dentist the day after surgery for any adjustments to your new denture that may be needed. Dr. Abey or Dr. Phasuk will see you in 1–2 weeks to check your healing. If you ever have any questions or concerns, please feel free to contact us at the office (317-574-0866) at any time!