

**Ali Alijanian, DDS**  
Diplomate, American Board of Oral and Maxillofacial Surgery

**Instructions for all on 4 Implant Surgery**

**DO NOT:**

1. DO NOT rinse, spit or brush teeth for 24 hours after surgery
2. DO NOT use a sonic care tooth brush or anything that has vibration to the site- this will cause movement to implant.
3. DO NOT smoke for 48 hours after surgery
4. DO NOT drink alcohol for 48 hours after surgery
5. DO NOT eat or drink hot temperature food for 24 hours
6. DO NOT eat spicy or acidic foods for seven days after surgery
7. DO NOT exercise vigorously for 3 – 4 days after surgery
8. If there is no bleeding, you DO NOT need to apply the gauze

**BLEEDING:**

1. During the day if you are awake and alert, place moist 4x4 folded gauze that will be provided by our office around the prosthesis on the side of the cheeks until gauze becomes saturated.
2. Change the gauze every hour until bleeding stops.
3. Remember, it is common to have slight oozing for the first day after surgery.
4. Discontinue the gauze after bleeding has stopped.
5. You may have sutures; they will dissolve on their own with-in 7-10 days.

**DISCOMFORT:**

1. The local anesthesia (numbing medicine) administered during your surgery normally has a 4–6-hour duration, although some types of anesthesia can last up to 12 hours. You may have discomfort once the anesthetic wears off. Therefore, supplemental medication for comfort is usually necessary. Take the prescribed medication as soon as you get home after your surgery. **\*\*Do not take any medications on an empty stomach.**
2. Take the prescribed Antibiotic pills as directed on the bottle. It is extremely important to make sure you finish out the prescription. Discontinue antibiotics if any of the following symptoms occur: upset stomach or development of any rashes, please report this immediately.

**SWELLING & BRUISING:**

1. It is extremely important to apply the iced face mask for 30 minutes on and 30 minutes off until bedtime to decrease the inflammation and minimize swelling.
2. Sleep with your head elevated with pillows for two days following surgery. This will help reduce swelling and the appearance of bruises.
3. Remember, swelling and bruising is very common after surgery. It will reach its maximum at 72 hours post–surgery and will gradually resolve over the week, continue to ice as needed. Please note: Everyone heals at a different rate. Some will swell more or less than others.
4. Keep lips moist with cream or Vaseline to prevent cracking or chapping.

## **IMPORTANT DIET:**

### **Day One to week 3:**

#### **DO NOT USE A STRAW FOR FIRST 48 HRS.**

Following surgery clear liquids are recommended. This includes: 7-up, water, apple juice, grape juice, cold tea or cold coffee. If the liquids are not upsetting your stomach you may begin to eat cold blended or puree foods such as: Ensure, Jell-O, pudding, plain yogurt, ice cream, milk shakes, and smoothies or anything that can be blended and ingested by cup or spoon. NO Seeds, Nuts or Chocolate Chunks in food or drinks. Once food is consumed, you may start taking the prescribed comfort medication. **\*\* WE DO NOT WANT ANY CHEWING FORCES ON THE PROSTHESIS DURING YOUR HEALING PERIOD AS THIS MAY RESULT IN YOUR IMPLANTS NOT HEALING PROPERLY. PUREE FOODS ARE VERY IMPORTANT.**

**Food & Drinks to avoid for 48hours** include alcohol, spicy foods, and acidic foods such as orange juice or lemonade.

### **Starting Week 3 (at your 2nd follow up appointment):**

A soft food diet will be recommended beginning today. Food consumed **must** be easy to smash with a fork. Examples of appropriate food are: steamed vegetables, well-cooked pasta, mashed potatoes, Cream of Wheat, scrambled eggs, pancakes, and soft fish. You will continue this soft diet until you are ready for your permanent prosthesis. Continue to take medication as prescribed.

### **ORAL HYGIENE CARE:**

1. Brush your teeth gently, carefully avoiding the surgical sites, beginning the day after surgery. Water pik is recommended after 1 week-setting **has to be on low.**
2. If you have a sonic care tooth brush – DO NOT USE UNTIL YOU GET THE PERMANENT PROSTHESIS. Water pik is recommended.
3. Start rinsing your mouth with salt-water rinses (1 tsp salt in one quart of water) after every meal beginning the day after surgery. It is extremely important to keep your mouth clean, beginning the 2<sup>nd</sup> day after surgery, since an accumulation of food or debris may promote inflammation/infection.

Implants require a 3–6-month integration period and it is important that they not be disturbed during this time.

If you have any questions about your recovery or the above recommendations, please call our office at **(925)934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our web site [www.DrAlijanian.com](http://www.DrAlijanian.com) for further instructions.

*Thank you for making us your specialist of choice  
"We are committed to you...giving patients a reason to smile."*