**ReNew Dental Care**

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**Post-operative Multiple Implant and Fixed Appliance Surgical Care**

The surgical area is highly susceptible to damage during the first two weeks following your surgery. Best results are obtained by ensuring no pressure or pulling is endured by the surgical site. Avoid pulling on the surgical area to see what is happening, as that tends to pull on the sutures and may open the wound. Also, avoid playing in the area with your tongue.

**Immediately After Surgery**

1. Continue with your medications as they have been prescribed.
2. Place a bag of crushed ice or frozen peas against your face in the surgical area: 20 minutes on: 10 minutes off for no less than 3 hours.
3. Rest for the balance of the day; preferably sitting or lying down.
4. If you have taken oral sedation, do not fall off to sleep without taking the next course of medications with a smoothy, juice, soup, etc., prior to sleeping
5. The care giver is to remain with you for up to 3 hours after your return to your residence to ensure you are settled.
6. Do not spit. Instead, drawl from the side of our mouth to avoid losing the blood clots.
7. Drink only from a glass or cup. Do not use a straw to suck.
8. Do not exercise for 2 weeks
9. Do NOT smoke anything at any time in the future. The doctor delinquencies any responsibilities towards this treatment if you smoke. Smoking prevents healing.

**First Week After Surgery**

1. Maintain a soft/liquid diet. If the food needs to be chewed, it **CANNOT** be eaten.
2. Do **NOT** brush the new appliance with a toothbrush and toothpaste.
3. Starting immediately, carefully clean the mouth with the recommended post-surgical product following the instruction on the box or package. Do not use hydrogen peroxide or salt and water.
4. Rinsing involves holding the solution in the mouth and cheeks so that the solution is moved above the appliance onto the gums. Rising is not forceful in the first week.
5. Apply the gel carefully on the sutures above the appliance by gently lifting the lips/ cheeks and applying the gel using a Q-Tip or clean finger.
6. If you have a temporary removable flipper, complete or partial denture, apply the gel directly into the area of the prosthesis that sits over the surgical site.

**Second Week After Surgery**

1. Maintain a soft/liquid diet
2. Wipe the appliance on the outside and inside with a soft cloth or gauze to remove all plaque or debris.
3. Continue to use the home care product as in week one.
4. The sutures are resorbable and not removed by the office. Do ensure that you have an observation appointment 14 days post-surgery. If no appointment was given, call 400-5858 to make one.

**Third to Eighth Week**

1. Maintain a soft/liquid diet
2. Use a soft toothbrush and toothpaste and brush the fixed appliance as you would brush your teeth.
3. Unless instructed by the doctor, STOP using the surgical post op product. Use one teaspoon of salt in 6 oz of warm water and rinse for one minute 3 times a day after eating. Do not eat or drink for 30 minutes. If you have high blood pressure, purchase another box of the post-surgical product, and use until it is finished.
4. Rinse more vigorously to remove any debris above the height of the appliance.

**Eighth to Twelfth Week**

1. Maintain a soft diet.
2. Start using the water flosser/Waterpik on the gums up above the appliance. You are to use a low force up to 3 of 4 out of 10. Hold the tip from the cheek onto the gums and then from the palate towards the appliance.