



## **Your New Smile on 4 implants!**

### **What to expect:**

Before surgery:

Impressions of your mouth will allow your general dentist to create your new smile and provide the surgeon a template for implant location. Please share your desires as to the color and shape of the teeth with your general dentist. Pictures from the past that show what your smile was will help recreate or improve on what your smile will be.

If you have ever had been told, or think you might grind your teeth at night please tell your general dentist so he can make you a night guard while you are healing.

### **Day of surgery:**

On the day of surgery you must have transportation to the appointment and take you home. If you think you might be a little anxious please discuss this with your surgeon in effort to have a good night's rest the night before your surgery.

After the surgery minor oozing is to be expected. Plan on protecting your pillow with an old pillowcase or towel. Follow the guidelines from the surgeon for pain management and control. If you feel concerned about how you feel (such as pain) please contact the surgeon immediately.

### **Diet & Hygiene:**

Maintaining your nutrition is essential for healing. Preventing chewing too hard on food is also just as important.

The **first 7-10 days** after surgery - **LIQUIDS ONLY!** Stitches were placed under your new smile and swelling will make cleaning under the teeth extremely difficult. Rinse with Peridex twice daily and use an extra-soft tooth brush to clean your teeth.

**First 3 months** after surgery - **SOFT FOOD DIET ONLY!** The implants need time for the bone to strengthen around them. Too much chewing pressure can disrupt acceptable healing of the implants potentially causing failure and the need for additional surgery. At 2 weeks you will begin regular cleaning with a WaterPik. Increase or decrease water pressure as you feel comfortable in order to clean between the teeth and your gums. An extra-soft tooth brush will also aid in keeping your new teeth clean.



## **Your Final Smile!**

Approximately 3-4 months following surgery a series of appointments will be scheduled with your dentist. These appointments will involve taking new impressions of the implants and your gums, thus establishing your new smile. You will have an opportunity to provide direction making changes to the esthetics of your smile during this phase.

## **Long term care:**

Once your final smile is complete there will be ongoing care required for maintenance. Unlike natural teeth, your new teeth won't get cavities. HOWEVER, periodic checkups are still necessary to monitor the health of your gum tissue and wellbeing of the implants and prosthesis. Periodic evaluations every 4-6 months are necessary to properly maintain your prosthesis. Long term maintenance visits are not included in your treatment fee.

During the periodic checkups your general dentist may determine removing the prosthesis is necessary for hygiene purposes or to evaluate the status of an implant. New screws to retain the teeth might be necessary upon your general dentists discretion.

The most common problems we see involve teeth chipping or breaking from the framework or wearing down of the back teeth. Implant failures are uncommon. As with anything mechanical, wear on the teeth is to be expected over time. Repairs and replacement will be at the patient's expense after a reasonable amount of time (approximately one year).

Please know that although your new smile looks great it is NOT INDESTRUCTIBLE. Chewing foods including hard nuts, ice, rock candy, raw vegetables, dense crusted breads, etc., are the common reasons for breaking the teeth from your new smile. Your general dentist can repair most things that break but he cannot be responsible for what you put in your mouth.

I have read and understand the expectation of the Home Care Instructions for my prosthesis.

Signature \_\_\_\_\_



## **Dietary Suggestions:**

### **Day 1-10 following surgery: Puree diet**

Ensure  
Milkshakes with protein powder supplements  
Yogurt, frozen yogurt, ice-cream  
Fruit sauces (applesauce), mashes (banana), and purees  
Mashed potatoes  
Rice cereal  
Puree soups  
V-8 and other fruit and vegetable juices  
Smoothies  
Nut butters (peanut, sunflower, cashew) (avoid almond butter as it is often not smooth enough)

### **Week 2-16: Soft diet**

Before you put food in your mouth, ask yourself:

“Can I cut it easily with a fork? - It’s OK to eat

“Can I easily squish this between my fingers?” - It’s OK to eat

“Does this food make a crunch/crack/pop sound when I chew?” - NOT OK

Cooked pasta & rice  
Pesto and tomato sauces on pasta  
Stewed meats and vegetables  
Ground meats: beef, pork, chicken, turkey  
Fish  
Egg dishes  
Potatoes - baked (no skin), boiled, mashed, hash browned  
Casseroles  
Oatmeal & rice cereal  
Shredded and melted cheeses  
Breads without crusts  
Soft fruits - watermelon, avocado, ripe pears, ripe peach, ripe mango  
Nut butters

### ***Foods to avoid:***

Uncooked vegetable and hard fruits  
Steak  
Over cooked meats  
Sandwiches  
Chips, pretzels, and crackers