

# Hybrid Dentures

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## Pre-Operative Instructions

### 1. Medical and Dental Preparation

- **Consultation:** Attend a thorough evaluation, including X-rays or CBCT scans, to assess jawbone and oral health.
- **Medical History:** Inform your dentist about medications, supplements, or health conditions. Adjustments to medications (e.g., blood thinners) may be necessary.
- **Treat Oral Issues:** Address any gum disease, infections, or decay before surgery.

### 2. Lifestyle Adjustments

- **Stop Smoking:** Quit smoking at least two weeks before surgery to promote healing and implant success.
- **Avoid Alcohol:** Refrain from alcohol consumption 24 hours before surgery.

### 3. Hygiene

- Brush and rinse thoroughly before the procedure to reduce infection risk.
- Follow any specific oral care instructions provided by your dentist.

### 4. Fasting and Sedation

- If sedation is planned, fast for 6–8 hours before surgery (no food or drink).

### 5. Clothing and Comfort

- Wear loose, comfortable clothing and flat-soled shoes.
- Remove jewelry, contact lenses, and nail polish.

### 6. Prepare for Recovery

- Stock up on soft foods like soup, smoothies, yogurt, pudding, or mashed potatoes.
- Have ice packs and prescribed medications ready at home.

### 7. Transportation

- Arrange for someone to drive you home after the procedure due to sedation effects.

Following these steps ensures a smooth surgical process and optimal outcomes.

# Post-Operative Instructions

## Immediate Post-Operative Care

Following placement of implant-supported dentures, post-procedural pain, swelling, and complications can be minimized or avoided if the following instructions are closely followed (specifically in the first 72 hours):

- Avoid disturbing the surgical site – no smoking, vigorous rinsing, swishing, or spitting.
- Avoid use of a straw as the change in pressure in your mouth could disturb the surgical site.
- Avoid tobacco and alcohol as these products can significantly slow the healing process.
- Limit physical activity – higher heart rate increases bleeding/swelling.

### 1. Manage Discomfort and Swelling

- Some bleeding and/or redness in the saliva is normal for 24-48 hours. Apply pressure to gauze on the surgical site for about 20-30 minutes at a time.
- If stitches were placed, they will typically dissolve within approximately 4 weeks. If they require removal, a follow-up appointment will be scheduled.
- Swelling is normal and may increase for 2-3 days. Use reusable ice packs to minimize pain and swelling for the first 24-48 hours.
- Post-procedural pain develops once the anesthetic wears off. Mild to moderate pain should be manageable by alternating over-the-counter pain relievers such as 800mg of Ibuprofen (Advil or Motrin) and 1000mg Acetaminophen (Tylenol) every 4-6 hours for the first 24 hours, then taper as needed.
- For severe pain, a narcotic medication may be prescribed. Take this medication as directed with food and do not drive or operate machinery while taking it.
- **IF A NARCOTIC IS PRESCRIBED – DO NOT TAKE WITH TYLENOL.**

### 2. Dietary Guidelines

- The implants are weakest at the time of initial placement and up to 4 weeks following surgery. A soft diet is highly encouraged to avoid implant complications.
- Stick to soft foods (e.g., yogurt, mashed potatoes, scrambled eggs, smoothies) for the first two weeks.
- Avoid hot, spicy, or acidic foods that may irritate the surgical site.
- Avoid chewing hard or crunchy foods as they may cause implant failure or break the temporary denture.

### 3. Oral Hygiene

- Good oral hygiene is essential for healing. Begin rinsing with warm salt water or StellaLife Rinse the day after surgery.
- Do not swish vigorously as this could disrupt the surgical site.
- Avoid brushing the surgical area for the first 24 hours.

- 3-4 weeks after surgery, once initial healing is completed, begin using a WaterPik or curved tip syringe to gently clean under the denture twice daily and as needed.
- Do not use a WaterPik until instructed to do so at your post-op visit.

#### **4. Activity Restrictions**

- Avoid strenuous activities for at least 48 hours.
- Refrain from smoking or using tobacco products to prevent implant failure.

#### **Day-by-Day Healing Guide**

- **Day 1:** Control bleeding with gauze; rest and eat cold, soft foods like applesauce or yogurt.
- **Day 2–3:** Begin rinsing with saltwater/StellaLife; monitor swelling and pain, which may peak on Day 3.
- **Days 4–5:** Gradual improvement; slowly reintroduce firmer foods as tolerated.

#### **Long-Term Care**

##### **1. Cleaning Routine**

- Brush dentures twice daily with a soft-bristle toothbrush and non-abrasive toothpaste.
- Floss or use interdental brushes around implants daily.

##### **2. Follow-Up Appointments**

- A **1-week** and **4-month** follow-up appointment will be scheduled to evaluate healing and complete the remainder of your treatment.

##### **3. Professional Cleanings**

- Schedule cleanings at least twice a year to maintain oral hygiene and prevent complications.

#### **Things to Know**

- The denture provided immediately after surgery is temporary. Your final prosthesis will be placed once the implants are fully integrated.
- The temporary denture is not as strong as the final version and may chip or break. If this occurs, contact your dentist for a replacement.
- Initially, gum tissue may be swollen and touching the denture. As swelling subsides, spaces may develop between the denture and gums, which will be corrected in the final denture.

**Contact Dr. Hilda immediately if you experience unusual symptoms such as excessive bleeding, increased pain, or loose dentures, her mobile phone: 619 977-8017**