



TOOTHOLGY

ALL-on- X Home Care Instructions

A hybrid or All-on-X denture is screwed tightly to the implants and cannot be taken out at home. Because the prosthesis is fixed and rests directly on your healing gums, the care protocol requires specific steps to prevent food entrapment and protect the non-removable prosthetic.

Immediate Post-Operative Care (First 24 Hours)

- **Bite on gauze:** Keep firm pressure on gauze pads over the surgical sites for 45 minutes; replace only if soaked with bright red blood.
- **Do not disturb wounds:** Avoid spitting, rinsing, or touching the fixed bridge with your tongue or fingers.
- **Expect swelling and bruising:** Swelling will peak at 48 to 72 hours. Apply ice packs to the cheeks near the surgical sites (20 minutes on, 20 minutes off).
- **Do not remove prosthesis:** Never attempt to unscrew, loosen, or force the bridge out, as it is strictly fixed in place.
- **Rest with head elevated:** Use 2 to 3 pillows to keep your head above your heart to reduce throbbing and swelling.
- **Sedation:** If you had any form of sedation, you may experience light-headedness, nausea, dizziness, and sleepiness following surgery. A responsible adult should stay with you for 12 hours after surgery. In some instances, anti-nausea medications may be prescribed.

Pain Management Protocol

- **Take first dose early:** Take your first dose of prescribed pain medication before the local anesthesia completely wears off.
- **Use scheduled anti-inflammatories:** If prescribed, take Ibuprofen (600–800 mg) every 6 to 8 hours to manage inflammation.
- **Layer acute pain relief:** If pain persists, rotate Acetaminophen (Tylenol) between your Ibuprofen doses, keeping under 3,000 mg of Tylenol per 24 hours.
- **Use narcotics with caution:** Take prescribed opioid medications only for severe breakthrough pain. Avoid driving or operating machinery while taking them.
- **Finish all antibiotics:** If prescribed, complete the entire course of antibiotics exactly as directed, even if you feel completely fine.

- **Steroids:** In some circumstances, steroids may be prescribed before or after your procedure. Finish this course all the way through to completion.

Bleeding and Swelling Control

- **Expect minor oozing:** Saliva tinged with blood is normal for the first 24 to 48 hours.
- **Use damp tea bags:** If bleeding increases, bite firmly on a damp black tea bag for 30 minutes. The tannic acid helps form clots.
- **Anticipate peak swelling:** Swelling usually peaks between the first and the third day after surgery. It will gradually subside after that.
- **Switch to moist heat:** After 36 hours, stop using ice packs. Apply warm, moist compresses to your face to help reduce remaining swelling and stiffness.

Oral Hygiene and Cleaning

- **No rinsing on Day 1:** Avoid all rinsing or spitting for the first 24 hours to protect the blood clots.
- **Gentle warm salt rinses:** Starting Day 2, dissolve 1/2 teaspoon of salt in a glass of warm water. Gently rinse 4 to 5 times a day. In some cases, certain mouth rinses may be substituted.

Diet and Nutrition

- **Stick to cold liquids first:** Drink plenty of fluids on the first day, but avoid hot liquids and alcoholic beverages.
- **Do not use straws:** The suction created by using a straw can dislodge blood clots and cause dry sockets or bleeding.
- **Eat soft foods only:** Transition to high-protein, soft foods like yogurt, applesauce, mashed potatoes, and scrambled eggs for the first week.
- **Avoid sharp or crunchy foods:** Do not eat chips, nuts, popcorn, or seeds, which can easily lodge in the surgical sites.

What to Avoid

- **No smoking:** Avoid smoking or vaping for at least 7 to 14 days. Nicotine drastically reduces blood flow and causes implant failure.
- **No spitting:** Swallow your saliva normally instead of spitting to avoid creating negative pressure in your mouth.
- **No strenuous exercise:** Skip the gym, heavy lifting, and running for 1 week to keep your blood pressure stable.

When to Call the Doctor

- **Uncontrollable bleeding:** Call if bleeding remains heavy and bright red even after biting on gauze or tea bags.
- **Severe, worsening pain:** Contact the office if pain increases sharply after the third day or is not relieved by medication.

- **High fever:** Seek guidance if your body temperature rises above 101°F (38.3°C).
- **Persistent numbness:** Call if the numbness in your lip, chin, or tongue lasts more than 24 hours after surgery.

Care Guidelines: Weeks 2 to 6 (Initial Tissue Healing)

- **Adhere to liquid/puree diet:** Eat only foods that require no chewing (smoothies, protein shakes, blended soups, pudding) to protect the healing bone.
- **Avoid all straws:** Do not use straws for 2 weeks, as suction can dislodge the blood clots around the fixed bridge implants.
- **Gently brush the prosthesis:** Use a post-surgical, ultra-soft manual toothbrush to clean the prosthetic teeth, avoiding the raw gumline.
- **Perform passive salt rinses:** Gently roll warm salt water in your mouth and let it spill out into the sink without active spitting.
- **Do not use water flossers:** Avoid all Waterpiks or high-pressure oral irrigators, which can tear the fragile, newly healing gum seals.

Care Guidelines: Weeks 6 to 12 (The Critical Osseointegration Phase)

- **Transition to soft-chew foods:** Move to foods easily cut with a fork (pasta, fish, meatloaf, eggs). Avoid hard, crunchy, or chewy foods.
- **Clean beneath the bridge:** Use specialized thick-ended floss (like Oral-B Super Floss or proxy brushes) to clean the gap between the bridge and gums.
- **Introduce low-pressure water flossing:** If cleared by your surgeon at 6 weeks, use a water flosser only on the lowest pressure setting.
- **Target the implant posts:** Direct your cleaning tools specifically around the metal cylinder connections where the bridge meets the implants.
- **Never skip nightly cleaning:** Food trapped under a fixed hybrid denture can rapidly lead to peri-implantitis (bone-destroying infection).

Long-Term Complication Monitoring

- **Watch for a rocking bridge:** Contact us immediately if the bridge feels loose, clicks, or shifts when you bite down.
- **Identify broken screws:** Report any sudden change in fit or a sharp metallic taste, which may indicate a loosened or broken prosthetic screw.
- **Monitor for severe foul odors:** A persistent bad odor or taste usually indicates trapped food debris or a localized gum infection.
- **Report bleeding after month one:** Healthy gums around an All-on-X bridge should not bleed during daily flossing or brushing after 4 weeks.