

# PRO ARCH (Teeth in a Day)

## POST OP INSTRUCTIONS

### BURNHAM ORAL SURGERY

1. **DO NOT SMOKE.** IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN, (because the chemicals and gases in tobacco smoke contain ammonia , hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium and many other deadly gases).  
A: You will greatly increase and prolong your pain and healing time.  
B: You will have a greater chance of implant failure.  
C: You will significantly increase your chance of infection.

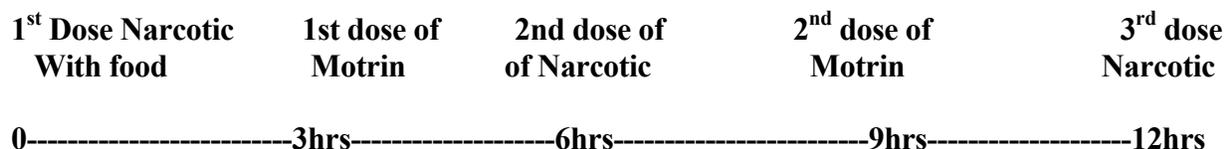
2. If several teeth have been extracted, swelling, bruising, and discomfort are normal, and if the surgery was difficult, all these symptoms will be greater. Hold ice against your face for 20 minutes then leave it off for the next 20 minutes. Continue this during the next 48 hours while you are awake. Take your pain medications to help reduce discomfort.

3. **Medicate: If you were prescribed Motrin (600mg), please take your first dose no later than 3hrs after surgery,** or sooner if you start to have discomfort. Scientific studies consistently show the superiority of a regular dose of ibuprofen (Motrin/Advil) over a five-day period for postoperative pain associated with oral surgery procedures. With this in mind, you may have been prescribed prescription-strength ibuprofen by your doctor. You should take this for five (5) days, every six (6) hours, while you are awake. There is no need to wake up in the middle of the night to take ibuprofen if you are sleeping. Please take your ibuprofen whether you are experiencing pain or not. This will keep you pain-free in most cases.

**If you were prescribed Methylprednisolone (Anti-Swelling Steroid) and/or an antibiotic, take them with your first dose of ibuprofen. Then continue to take as directed.**

**If you have been prescribed a narcotic pain medication, we recommend taking the first dose once you get home.** Continue to use your narcotic pain medication for breakthrough pain, pain that you experience even though you are on the regular dose of ibuprofen. **Be sure to leave at least 60 minutes between your last ibuprofen dose and the narcotic dose.**

#### Timeline for Post Op Pain Medications



4. The dentures will act as a bandage and help to limit bleeding; however, some bleeding for the first 24 to 48 hours is normal. Even a few drops of blood will redden saliva.

5. Care of your new denture: To minimize the risk of infection, begin gentle salt water rinses the day after surgery. Rinse 7 to 10 times a day, especially after eating, with warm salt water, using our recipe for salt water rinse. (Two teaspoons of salt mixed with 20 ounces of warm water in a clean, empty, plastic water or soda bottle.) Please continue rinsing with warm salt water daily until your postoperative appointment.

**DO NOT use a waterpik on the surgical area/denture until 3 weeks post-op.** To keep the area clean we will give you a monoject syringe at your post-op appointment to rinse with salt water to get the difficult areas, such as underneath the denture, clean from debris. Begin using this monoject syringe 5-7 days after surgery. A toothbrush should be used to clean the denture, tongue, cheek, and natural teeth starting the day after surgery. **KEEPING YOUR MOUTH CLEAN WILL SPEED HEALING AND LESSEN THE CHANCE OF INFECTION.**

6. It is important you do not intentionally click or grind your denture(s) during the healing process.
7. **DIET: Your healing period is 12 weeks. For the first 24 hours your diet should be liquid only. Recipes of this are included in the book *Dinner Through A Straw* provided to you at surgery day. It is important to supplement your nutritional intake during this time. Suggestions of this would be to drink ensure, boost or other protein drinks.** After 24 hours you can begin eating soft foods. Soft foods include soups, scrambled eggs, meatloaf, mashed potatoes, pasta, pudding, beans with cheese, etc. These should be foods that can be easily cut using a plastic knife and fork. **DO NOT eat anything hard or chewy during this healing period. Examples of this would be bread crusts, ice, caramel, nuts, chips etc. Eating these foods will cause a setback in your healing. The best rule of thumb during the healing period is: IF YOU CAN HEAR IT WHILE YOU ARE CHEWING IT, IT IS TOO HARD.**
8. Dr. Burnham, Dr. Stearns and the Burnham Oral Surgery team have done everything possible to provide you with the best in anesthetic and surgical care. However, the ultimate success of the operation now depends on correct post-surgical management. You have been given very specific verbal and written instructions for proper home care. Be sure to follow these instructions carefully. Only in this way will you help avoid the complications which lead to unnecessary discomfort and delayed healing. **YOU HAVE CONTROL OVER YOUR HEALING BY FOLLOWING OUR INSTRUCTIONS.**

If any questions arise, or problems develop, call the office any time, day or night, so your questions can be answered.

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