



THE INTEGRATED4 SOLUTION

SURGICAL POST-OPERATIVE INSTRUCTIONS

Please note that swelling, discomfort, jaw stiffness, and some bruising and bleeding are normal symptoms and to be expected following oral surgery. You can help to minimize all of these by adhering to the following instructions:

1. Do NOT smoke. Smoking can significantly slow and/or adversely affect the healing process, and thus possibly result in the failure and loss of your implants. Should you elect to smoke you waive the warranty on the integrated4 Solution.
2. Do not spit, drink through a straw, or suck on candy for at least 48 hours post-operatively. These actions may dislodge the blood clot from the surgical site leading to bleeding and possibly the formation of a dry socket (poor healing with extreme discomfort).
3. Avoid hot liquids and foods for 24 hours postoperatively as this may increase the likelihood of bleeding.
4. Do not disturb the area where the oral surgery was performed with your tongue, fingers, or any other utensil. This could result in irritation, infection, and/or bleeding. Limit your diet to soft foods for the first 24-48 hours, such as ice cream, yogurt, and mashed potatoes.
5. Bleeding is normal following an oral surgery procedure. After leaving our office it is normal for your saliva to be blood tinged because it takes a while for the blood clot to form within the surgical site. If the site begins to bleed again, and you notice that your bleeding is excessive and/or prolonged, or something does not seem normal, do not hesitate to call our office at 516-677-9010.
6. Some discomfort after surgery is normal. Take the pain medication prescribed to you as indicated, and if you find the medication to not be adequate, contact our office.
7. To limit swelling, apply ice packs to the face near the area of the surgical site for 20 minutes and then remove for 20 minutes. Continue this routine for 2 hours as necessary.
8. Signs of infection are listed below and must be reported to our office immediately:
 - A fever above 101 °F.
 - Persistent pain not relieved by your pain medication
 - Increasing swelling after 72 hours
9. Do not pick at the sutures ("stitches) or try to remove them yourself. Dissolving sutures last 7-14 days. Silk sutures must be removed at our office 7-14 days after your surgery.
10. Make sure to strictly follow the oral home care and dietary instructions provided to you in a separate form.

Home Care Instructions

The purpose of this document is to give you as much information as we can and to present it as convenient as possible. Please adhere to the following instructions to help promote proper healing and maintain the longevity of your integrated4 Solution bridge(s). Make sure to read this carefully and ask your doctor any questions you may have. If you do not have any questions about anything on these pages, please sign the bottom of each page to indicate that you have read, understand, and have no questions concerning their contents.

NOTE: IF YOU NOTICE YOUR BRIDGE(S) LOOSENING, BEGIN EXPERIENCING ANY DISCOMFORT OR PAIN, OR FEEL LIKE YOUR BITE IS “OFF”, YOU MUST IMMEDIATELY CONTACT OUR OFFICE AT 516-677-9010 TO BE SEEN IMMEDIATELY. FAILURE TO DO SO CAN RESULT IN THE LOSS OF YOUR IMPLANTS, FAILURE OF THE INTEGRATED4 SOLUTION BRIDGE, AND THE NEED ADDITIONAL AND ALTERNATIVE SURGERY AND TREATMENT PERTINENT TO THE SUCCESS OF COMPREHENSIVE TREATMENT.

I. Prescription Medications

Make sure to take all prescribed medications as instructed. Failure to do so could result in infection, delayed healing, or unnecessary post-operative pain.

II. Oral Hygiene Home Care

Proper oral hygiene home care is key to the success of the integrated4 Solution. Use the electric toothbrush and waterpik provided to you as detailed below:

Week 1- Immediately following receiving the integrated4 Solution, you should begin a strict oral homecare routine that involves rinsing 2 times per day with the prescribed mouth rinse (Peridex) and gently brushing the teeth with the soft bristle electric toothbrush we provide to you. You can also rinse with warm salt water 5-6 times per day.

Routine Oral Homecare after Week 1- It is imperative you follow a strict oral hygiene homecare routine after receiving the integrated4 Solution to ensure the longevity of this treatment. We recommend you adhere to the following routine at least 3 times per day:

1. First use the Waterpik® provided to you (preferably after every meal) to remove any food that may trap under your bridge. The Waterpik® provided to you has an angled attachment that will allow for the Waterpik head to shoot water underneath your bridge to clean any food debris that may trap there.
2. Then brush your bridge, preferably with the soft bristle electric toothbrush we provide to you, for 2 minutes total brushing time.

Failure to keep to this oral homecare routine will result in food remaining trapped under your bridge and subsequent plaque build-up which can jeopardize the health and longevity of the supporting implants.

Professional Cleaning of the integrated4 Solution

Just like with natural healthy teeth, your new bridge should be professionally cleaned every 6 months to ensure the health of your implants and longevity of the integrated4 Solution. Failure to adhere to your prescribed implant hygiene maintenance program will void your eligibility for our integrated4 Solution Warranty.

Initial: _____

III. Dietary Restrictions

Adhering to a soft diet, especially within the first 8 weeks following the surgery, is key to the successful healing of your implants. It is imperative you take great care not to bite into any food items that are excessively hard, like nuts, pits, pretzels, bones, etc., all of which could traumatize the healing implants and result in their loss.

1. **AVOID:** Spicy and acidic foods such as vinegar, pepper, catsup, mustard, all citrus fruits and juices, tomatoes, strawberries, bananas, pineapples, etc.
2. **AVOID:** Sharp, scratchy, dry foods such as toast, crackers, fried foods, and bacon. and bagels.
3. **AVOID:** Hard food such as raw vegetables, nuts, pretzels and chewy foods like bagels and candy.

4. **AVOID:** Foods and drinks that are hot in temperature such as hot tea, coffee, soup, etc. for at least the first 48 hours after surgery.

Suggestions:

Consume only soft, bland foods such as yogurt, eggs, cereals, mild cheeses, custards, ground beef/chicken, fish, steamed vegetables, potatoes, soft-cooked stews. Consume cooked green vegetables rich in vitamin C (i.e. peas, broccoli, squash, spinach, etc.)

BEWARE: Be very careful consuming foods you have not personally prepared as there may be a sharp/hard item in them you do not suspect. An olive pit in a Greek Salad, a small bone in chicken stew, a walnut in a bread bun- if you were to bite down on any hard/sharp objects like these could jeopardize the healing of your implant(s) and possible loss of your implant(s).

Patient's Name Printed: _____

Date: _____

Patient's (or Legal Guardian's) Signature: _____

Date: _____

Witness's Signature: _____

Date: _____