



Post-Operative Instructions for All-on-X Implant Surgery

All-on-X implant surgery is an effective solution for severe gum disease and tooth decay when entire upper or lower arches are missing or beyond repair. After the surgery, you may experience some side effects before fully benefiting from the procedure. These temporary symptoms may include:

- Minimal bleeding
- Swelling
- Stiff jaw and jaw muscles
- Sore throat or difficulty swallowing
- Site-specific pain

These side effects usually subside within one week, and any discomfort can be managed with over-the-counter medications such as Motrin, Advil, or Ibuprofen.

Oral Hygiene: Begin brushing your new teeth gently the day after surgery using a soft bristle toothbrush. Keeping your mouth and teeth clean reduces side effects and prevents infection. Stitches or sutures may remain for up to 3 weeks.

Activity Level: Your activities should align with your comfort level. For the first 3 to 4 days, prioritize rest. Afterward, gradually reintroduce normal activities and exercise as tolerated.

Diet Restrictions: Diet restrictions are divided into two time periods:

If you have any additional questions or concerns, consult with your surgeon for personalized guidance. At Parkside Dental, we're here to support your informed decisions and provide answers to all your questions. Contact us at 605-498-4746 today.



1-2 Weeks Post-Surgery: Eating on a Liquid Diet:

During this period, your mouth, jaw, and throat may be sore, making eating difficult. Follow these guidelines:

- Consume cool liquids in the first 48 hours.
- Stay hydrated with small, frequent sips of clear fluids.
- Opt for nutrient-rich fluids to support healing.
- Avoid hot or spicy liquids for the first few days.
- Refrain from using straws, as they can disrupt healing.

Foods You Can Consume During this Period Include:

- Water
- Coconut water
- Kefir drinks
- Fruit juices
- Tea
- Coffee
- Hot cocoa
- Creamer
- Half and half
- Broth (beef, chicken, vegetable)
- Strained or pureed vegetable soup
- Strained meat or cream-based soups
- Milk (all types)
- Nut- or pea-based milk
- Milkshakes
- Yogurt drinks
- Meal replacement shakes
- Protein shakes
- Smoothies
- Sodas
- Gelatin (Jell-O)
- Pudding
- Custard
- Sherbet
- Ice cream
- Frozen fluids (fruit ices or popsicles)
- Frozen yogurt

Example Day's Menu for 1-2 Weeks Post-Surgery:

Ensure you include snacks to meet your nutritional needs.

- Breakfast
 - ½ cup fruit juice
 - Cup of tea or coffee
 - Instant oatmeal thinned with milk
- Morning Snack
 - ½ cup fruit juice
 - ½ serving meal-replacement drink
- Lunch
 - ½ cup fruit juice
 - Cup of strained soup
- Jell-O
- Afternoon Snack
 - ½ cup meal-replacement drink
- Dinner
 - Cup of broth
 - Protein shake
 - Pudding
- Evening Snack
 - Cup of tea
 - Ice cream



2 Weeks – Up to 3 Months Post-Surgery: Eating on a Soft Food Diet:

As soreness diminishes, transition to a soft food diet while being mindful of your healing jaw and implants. Avoid hard, chewy, or crunchy foods. Choose foods that require minimal chewing and can be spoon-fed.

Foods You Can Include During this Period:

- Mashed fruits and vegetables
- Soft fruits like bananas and watermelon
- Canned fruits and vegetables without skin or seeds
- Baked or cooked items with a soft consistency
- Soaked breads
- Muffins
- Pancakes or crepes
- Cooked pasta
- Quinoa
- Oatmeal
- Cream of Wheat
- Mashed potatoes
- Cheese
- Eggs
- Pureed stews
- Soft tofu
- Yogurt

Example Day's Menu for 2 Weeks – 3 Months Post-Surgery:

Don't forget to incorporate snacks to meet your nutritional requirements.

- Breakfast
 - Pancakes
 - Fruit drink
 - Coffee/tea
- Morning Snack
 - ½ cup mashed fruit
 - ½ serving meal-replacement drink
- Lunch
 - Bowl of soup
 - Cottage cheese and applesauce
- Afternoon Snack
 - Hummus
- Dinner
 - Cooked carrots and squash
 - Soft tofu
 - Quinoa
 - Baked peaches
- Evening Snack
 - Cup of tea
 - Yogurt

Additional Tips for Recovery:

- Utilize a blender or food processor for easier consumption during the initial recovery period.
- Research dietary options before surgery and stock up on suitable foods.
- Listen to your body's cues and adjust your intake as needed.
- Avoid nuts, carbonated drinks, and excessive alcohol during the recovery stage to promote successful healing and implant integration.