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ALL-ON-X IMPLANT PROCEDURE

Patient Instructions — Before & After Surgery

Patient Name: _____ Date of Surgery: _____

These instructions are specific to your All-on-X full-arch implant procedure at Simcoe Dental Implants. Please read them carefully before your surgery. If you have any questions, call us at (905) 936-4663.

PART 1: INSTRUCTIONS BEFORE SURGERY

2 Weeks Before Surgery

- Stop smoking. Smoking significantly impairs healing and increases the risk of implant failure. Ideally, stop permanently — but at a minimum, do not smoke for two weeks before and several weeks after surgery.
- Review your medications with Dr. Filo. Some medications (including blood thinners, anti-inflammatory drugs, and certain supplements) may need to be paused before surgery. Do not stop any prescribed medication without guidance from Dr. Filo or your physician.

1 Week Before Surgery

- Complete any required pre-surgical tests. Final X-rays or CBCT scans may be needed to confirm your treatment plan.
- Begin any prescribed antibiotics or antibacterial rinse (chlorhexidine) if instructed by Dr. Filo. Follow the dosage and timing instructions provided.

48 Hours Before Surgery

- Prepare your recovery space. Stock up on soft foods, ice packs, and any prescribed or over-the-counter pain medications. See the Soft Food Guide at the end of this document for ideas.
- Arrange transportation. If you will be under IV sedation or general anesthesia, you must have a responsible adult available to drive you home and stay with you for up to 24 hours after surgery. You will not be permitted to drive yourself under any circumstances.
- Pick up any prescriptions from the pharmacy.

24 Hours Before Surgery

- Brush and floss thoroughly. Use your antibacterial mouthwash if prescribed.

- Avoid alcohol entirely. Alcohol interferes with blood clotting and can interact with anesthesia and pain medications.
- Begin fasting if sedation or general anesthesia will be used: consume nothing to eat or drink for a minimum of FOUR (4) HOURS before your scheduled procedure time. This is a safety requirement — failure to fast may result in your surgery being rescheduled. You may take regular medications with a small sip of water as directed.
- Get a full night of rest. Good sleep before surgery supports healing and recovery.

Day of Surgery

- Wear loose, comfortable clothing — especially around the neck and arms. This allows easy access for monitoring equipment and IV placement if required.
- Do not wear jewelry, nail polish, or strong fragrances on the day of surgery.
- Brush your teeth gently before leaving home. Do not swallow water.
- If the procedure will be performed under local anesthesia only (no sedation), you may have a light meal a few hours beforehand. Confirm this with our team in advance.
- Arrive on time and allow yourself to feel calm. You are welcome to ask Dr. Filo any last-minute questions before the procedure begins.

Tip: Bring a friend or family member to your appointment for moral support. Having someone with you can make the experience more comfortable, and they will be driving you home if sedation is used.

PART 2: INSTRUCTIONS AFTER SURGERY

After your All-on-X procedure, it is normal to experience some degree of the following for several days:

- Pain and discomfort around the surgical sites
- Swelling of the face, cheeks, and jaw
- Minor bleeding or blood-tinged saliva
- Bruising of the skin or gum tissue
- Temporary numbness or altered sensation
- Mild discolouration of the skin around the jaw

These are expected and temporary. Most symptoms improve significantly within 3–5 days and resolve fully within 1–2 weeks. Contact us immediately at (905) 936-4663 if symptoms worsen after the first few days or if you develop a fever above 38.5°C (101.3°F).

First 24 Hours After Surgery

1. Rest and elevate. Go home and rest with your head elevated (use an extra pillow). Avoid any physical activity, bending over, or exertion.
2. Control bleeding. Bite down gently on the gauze provided for 30–60 minutes. Replace as needed. If bleeding persists, bite firmly on a moistened black tea bag — the tannic acid helps clot formation. Do not rinse or spit forcefully, as this can dislodge the clot.
3. Apply ice. Place an ice pack wrapped in a cloth on the outside of your cheek for 20 minutes on, 20 minutes off. Continue for the first 24 hours to minimize swelling.

4. Eat soft foods only. See the Soft Food Guide for ideas. Avoid hot foods and drinks, which can irritate the surgical site and promote bleeding.
5. Take your medications as prescribed. Begin your antibiotics and pain medication as directed. Do not wait until pain becomes severe before taking pain relief.
6. No smoking or alcohol for at least two weeks post-surgery. Both impair healing and significantly increase the risk of implant failure.

24 to 48 Hours After Surgery

- Continue resting and limiting physical activity.
- After 24 hours, begin gentle warm saltwater rinses (1/2 teaspoon of salt dissolved in 8 oz of warm water) after each meal. Rinse gently — do not swish vigorously.
- After 48 hours, switch from ice packs to warm compresses on your cheek to help reduce residual swelling.
- Continue your soft food diet.
- Pain should be well-managed with medication. Most patients find discomfort significantly improves by day 3.

Days 3 to 7 After Surgery

- Swelling should begin to decrease noticeably after days 3–4. If swelling worsens after this point, contact our office.
- You may begin gently brushing your teeth using a soft-bristled toothbrush. Avoid brushing directly on the surgical sites.
- Monitor for signs of infection: worsening swelling, severe or increasing pain, fever, discharge from the surgical site, or a bad taste that does not resolve with rinsing. Call us immediately if any of these occur.

1 Week After Surgery

- Attend your first follow-up appointment. Dr. Filo will assess your healing, review your temporary teeth, take X-rays if necessary, and remove any sutures.
- Begin using a Waterpik (oral irrigator) to gently clean under the prosthesis and around the implants. Use on the lowest pressure setting initially.
- You may gradually return to normal daily activities, but continue to avoid strenuous exercise, heavy lifting, and contact sports.

Weeks 2 to 6 After Surgery

- Osseointegration (bone fusion around the implants) is underway. During this critical period, do not place excessive force on the implants. Continue eating soft foods as directed.
- Swelling, bruising, and discomfort should be fully resolved by now. Contact us if they are not.
- Attend all scheduled follow-up appointments.
- Begin gentle brushing around the implant area with a soft-bristled toothbrush. Continue using the Waterpik after meals.

Months 3 to 6 After Surgery

- Once osseointegration is confirmed (typically 3–6 months), Dr. Filo will proceed with fabricating your final permanent prosthesis. This involves a series of appointments to ensure a precise fit, correct bite, and excellent aesthetics.

- After your final prosthesis is delivered, you may gradually resume a normal diet — including firmer foods — as directed by Dr. Filo.
- Maintain excellent home care with twice-daily brushing, Waterpik use, and regular dental cleanings every 6 months.

PART 3: APPOINTMENT & TREATMENT TIMELINE

The timelines below are typical. Your individual schedule may vary based on healing rate, complexity of treatment, and the number of adjustments required. Patience is essential — recreating a beautiful, functional smile takes time and care.

Post-Surgical Follow-Up Appointments

Appointment	Purpose
Surgery Day	Extractions (if required), implant placement, delivery of Temporary Prosthesis #1 (same-day teeth where possible)
2–4 Weeks After	Assess healing and fit of Temporary #1, take X-rays, remove sutures if present
2 Months After	Mid-point healing check
4 Months After	Pre-fabrication assessment prior to creating final prosthesis

Prosthesis Fabrication Appointments

Appointment	What Happens
Appointment 1	Remove Temporary #1; scan for implant positions
Appointment 2	Verify implant positions; take final measurements; record bite and facial proportions
Appointment 3	Deliver Temporary #2 for a 2–4 week trial period; patient provides feedback on fit, bite, and appearance
Between Appts 3 & 4	Attend a shading appointment at the dental laboratory for custom tooth colour matching

Appointment 4	If Temporary #2 is approved: sent to lab for finalization; Temporary #1 replaced in the interim
Appointment 5	Delivery of Final Permanent Prosthesis (or Temporary #3 if significant changes were required)

PART 4: ORAL HYGIENE SCHEDULE

First Week

- Do not brush directly on the surgical sites.
- Rinse gently with warm saltwater after each meal (starting 24 hours post-surgery).
- Use chlorhexidine mouthwash as prescribed — do not rinse with water immediately after.

After Two Weeks

- Begin using a soft-bristled toothbrush gently around the implant sites.
- Introduce a Waterpik (oral irrigator) to flush under the prosthesis and around implants. Start on the lowest pressure setting.

Long-Term Home Care

- Brush twice daily with a non-abrasive toothpaste.
- Use your Waterpik after every meal to remove food debris from under the prosthesis.
- Attend professional dental cleanings every 6 months to maintain implant health and longevity.

Your dental implants can last a lifetime with proper care. The most common cause of long-term implant problems is inadequate oral hygiene and missed maintenance appointments.

PART 5: DIET GUIDE — FIRST 4 MONTHS

Your diet plays a critical role in healing. Putting force on your implants before osseointegration is complete can cause implant failure. Follow these dietary stages carefully.

Stage	Timeframe	Foods to Eat
Stage 1	Weeks 1–2	Yogurt, smoothies, mashed potatoes, pudding, applesauce, broths, blended soups, scrambled eggs, soft porridge

Stage 2	Weeks 3–8	Cooked pasta, soft rice, finely minced meats, soft fish, well-cooked vegetables, ripe banana, avocado
Stage 3	Months 3–4	Soft bread, pancakes, tender chicken, flaked fish. Gradually reintroduce firmer foods as cleared by Dr. Filo

AVOID at all times until cleared by Dr. Filo: hard or crunchy foods (nuts, chips, raw carrots), sticky foods (caramels, gummy candies), tough meats, crusty bread, and anything that requires biting with force.

Soft Food Ideas by Cuisine

Here are some culturally diverse meal ideas to help you eat well during your recovery:

Canadian / American

- Mashed potatoes with butter or gravy, smooth oatmeal with honey, scrambled eggs with cheese, creamy tomato or chicken soup, pudding

Indian

- Pureed dal soup, mashed khichdi (rice and lentil porridge), soft paneer, mango lassi, raita

Middle Eastern

- Hummus, labneh (strained yogurt), pureed lentil soup, mahalabia (milk pudding)

Italian

- Smooth polenta, ricotta cheese, stracciatella soup, blended minestrone, mashed cannellini beans

Chinese / Japanese / Korean

- Congee, juk, or okayu (rice porridge), egg drop soup, steamed egg custard (chawanmushi / gyeran jjim), soft tofu, miso soup

Greek / Middle Eastern

- Avgolemono soup (blended egg-lemon broth), taramasalata, strained Greek yogurt with honey

French

- Potage (pureed vegetable soup), crème brûlée (without the caramelized crust), fromage blanc

Mexican / Filipino / Thai

- Atole, smooth refried beans, flan, jok (Thai rice porridge), leche flan, tâho (soft tofu with sweet syrup)

PART 6: FREQUENTLY ASKED QUESTIONS

How long is the recovery period?

Initial healing takes 1–2 weeks. Full osseointegration (bone fusion) takes 3–6 months, at which point your final prosthesis will be placed.

When can I return to work?

Most patients return to desk or light work within 3–5 days. Avoid strenuous physical activity for at least one week, or until cleared by Dr. Filo.

Can I smoke after the procedure?

Smoking significantly impairs healing and increases implant failure rates. We strongly advise against smoking for the entire healing period — ideally permanently. At a minimum, do not smoke for at least two weeks post-surgery.

What if I experience excessive bleeding or severe pain?

Some bleeding and discomfort in the first 24–48 hours is normal. However, call us immediately at (905) 936-4663 if bleeding cannot be controlled after 60 minutes of biting on gauze, if pain worsens significantly after day 3, or if you develop a fever above 38.5°C.

Will there be bruising?

Bruising sometimes occurs and may appear 2–3 days after surgery, potentially extending to the neck or upper chest. This is normal and typically resolves within 7–10 days.

When can I eat solid foods?

Soft foods are required for the first 3 months. Your dentist will guide you on reintroducing firmer foods after your final prosthesis is placed and osseointegration is confirmed.

How do I clean under my prosthesis?

A Waterpik (oral irrigator) is essential for flushing food debris from under the prosthesis. Use it after every meal. Regular professional cleanings are also required every 6 months.

When can I exercise?

Avoid exercise, heavy lifting, and any activity that significantly elevates heart rate or blood pressure for the first week. After one week, ease back into light activity as tolerated. Contact sports and high-impact exercise should be avoided for longer — ask Dr. Filo for guidance specific to your case.

IMPORTANT REMINDERS

- No smoking for at least two weeks post-surgery. Smoking dries out tissues, delays healing, and dramatically increases the risk of implant failure.
- Expect discomfort for the first 2–3 days. Pain should progressively improve from day 3 onward. Worsening pain after day 3 should be reported to our office.
- Attend every follow-up appointment. These appointments are essential to monitor healing and ensure your implants are integrating correctly.
- Do not miss your medication doses. Complete your full course of antibiotics even if you feel well.

- If you are unsure about anything, call us. We are here to support you through every stage of your recovery.

Questions? We're here to help.

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