

FIXED PROSTHODONTICS – FULL ARCH

Post-Care Instructions

Congratulations! You've had your fixed arch placed. It will take some time to get used to and the first 3 months are especially important.

The First 3 Months

Your prosthesis has been designed specifically to restore full dental function. The materials used are resin, supported by a chrome cobalt frame, and can withstand “**Normal Function**”.

For the first 3 months after your prosthesis has been inserted, your implants, supporting the prosthesis, are still considered to be in the healing phase. Care should be taken to function at a reduced level, avoiding any foods requiring heavy chewing.

Examples of foods to avoid the first 3 months:

- Bagels / hard crusty bread
- Raw carrots or other hard vegetables
- Biting into apples
- Anything that requires firm tearing or chewing pressure

After the initial 3 months of having your prosthesis, you can start normal chewing function. You should **always avoid anything that is as hard as, or harder than, your teeth**. Examples are listed below. The most damaging are ice, bones and pits.

Failure of these materials is always a possibility. There aren't materials appropriate for the mouth that are indestructible. The mouth can produce a biting force in excess of 700 pounds per square inch. Common sense should always be applied when eating. Implants are fused to the bone, therefore allowing no give. This is unlike natural teeth, which have a shock absorber type ligament attached to them, allowing a slight give when biting or chewing. Eating foods that require excessive biting force will fatigue the materials over time.

If you have a failure of materials, such as a chipped tooth or crack in the bridge, a repair will be necessary. Your prosthesis is under warranty for 6 months from insertion for such issues. After the initial 6 month period, the cost of repairs will be your responsibility. **If you fail to show up to any post-operative appointments during and past this timeframe or fail to follow post care diet and hygiene instructions, you will be responsible for any repairs.**

Foods to avoid ALWAYS:

Gum
Hard nuts: Almonds or Hazelnuts
We have seen numerous fractures caused by almonds.
Hard or Sticky candy
Ice
Bones (chicken wings, pork chops, ribs, etc.)
Popcorn (the kernels are too hard)
Hard or tough breads (ie: bagels)
Hard Pretzels
Beef Jerky
Fruit pits

Other habits to avoid ALWAYS:

Biting fingernails
Tags
Thread
Opening a package with teeth
Chewing on anything that is not food related

We never want your teeth in an edge to edge position where there is force applied; you risk fracturing a tooth or the resin part of your prosthesis.

Fixed Arch Homecare Maintenance Instructions

Once your treatment has been completed, it is very important to use **super-floss** at least once a day, however, two or three times a day is recommended. We especially encourage using super-floss at night to get rid of bacteria and

food debris that may have collected during the day; salivary flow decreases at night. We recommend that patients initially use a magnifying mirror in a well lit area when flossing to lessen frustration.

Patient should then use any or a combination of the following suggested aids:

- Proxibrush (if it fits), Soft Pick
- End-tuft brush
- Rubber tip

We recommend brushing with a manual brush or an automatic brush such as the Sonicare-Flexcare brush, which has two different size brush heads.

Brush the top surface of your tongue as it is a rough surface and bacteria collects on the surface and comes off onto the teeth.

Rinse twice a day with Listerine.

All aids should be lubricated by dipping in Listerine. A non-abrasive toothpaste should be used when brushing.

All steps should be performed in this order 3 or more times per day.

Wearing a Night Guard

Wearing a night-guard, if one has been given to you, is very important, especially when sleeping. It protects your teeth from habits such as clenching and grinding, which can cause wear or even fracture of a tooth/teeth. Maintenance of the night-guard is to brush and rinse it upon removal.

Periodic Cleanings

Upon completion of your fixed arch treatment, it is very important to be seen by a dentist for continued implant maintenance every 3-4 months. X-rays may be taken at these appointments to monitor bone levels.

It is important to maintain that schedule as it may be difficult to be meticulous in cleaning underneath the fixed arch prosthesis. The dentist has better access for removing the bacteria that may accumulate under and around your bridge. Hygiene instructions may need to be modified for better plaque control. It is also important to bring your night guard to your appointment to be inspected for wear.