

FIXED PROSTHODONTICS – FULL ARCH [Provisional] *Post-Care Instructions*

Congratulations! You've had your implants placed and your temporary fixed teeth affixed to the implants! It will take some time to get used to and you are well on your way to your final smile. The upcoming healing period until your final fixed bridge is prepared is very important.

Healing Period ahead of Final Bridge Delivery

Your temporary provisional prosthesis is temporary in-nature and not meant to support the long term force of chewing and biting. The provisional prosthesis will have different materials from the final bridge. It will not have a chrome cobalt framework and will **NOT** withstand "**Normal Function**". We will also have the opportunity to change the shape, color, tooth size, etc of the final bridge so the temporary teeth are not "set in stone" as your permanent smile.

During the healing phase ahead of the final prosthesis, you need to take extra care while the implants integrate with your jaw bone. This includes avoiding any foods that require heavy chewing or that are hard or sticky e.g. almonds, ice, sticky or hard candy, etc. The temporary prosthesis is not meant to be worn for an extended period of time and may chip or wear after 6 months of wear (unlike the final prosthesis). Proper care during the healing process will help to ensure your implants and gum tissue can heal properly.

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 (including steak)

Until you have your FINAL teeth, eat only foods that can be put on a spoon and a soft food diet is recommended. Avoid using your temporary teeth for chewing while the implants are healing. This could disrupt the healing process and could cause your temporary teeth to break.

If your temporary provisional prosthesis is damaged during your healing (such as a chipped tooth or crack), a repair may be necessary. If the damage is due to not following guidelines (such as eating ill-advised foods), there will be a \$500 charge per repair. This cost may increase depending on laboratory fees. **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

Caring for Your Temporary Teeth BEFORE Suture Removal

- Mix 1 tsp salt with 8 oz of warm water. Take a sip and hold in your mouth for 30 seconds to 1 minute. Allow it to drain out of your mouth (don't spit), then repeat until all 8 oz is gone. Repeat several times per day.

- After day 2 or 3 rinse gently to ensure food does not accumulate under the bridge.

- After meals, use provided sponges or swabs dipped in Peridex to blot the gum areas gently. Do not rinse or swish with Peridex as it may cause staining of your temporary teeth.

- Using a very soft toothbrush, brush your temporary teeth twice a day.

Caring for Your Temporary Teeth AFTER Suture Removal

- Using a very soft toothbrush, brush your temporary teeth twice a day and gently brush under the bridge.

IF YOUR TEMPORARY TEETH FEEL LOOSE, PLEASE CALL OUR OFFICE AT {{practice_phone}}

Next Steps

We will see you in the next 1-4 months periodically to monitor the progress of your healing. Depending on your case and the healing, we will then begin the fabrication of your final smile.

NOTE: the temporary prosthesis is temporary in-nature and treatment is not complete until the final fixed arch bridge is delivered. If you do not return for the final bridge and there are subsequent issues to your implants and/or bite, you may need to repeat treatment and pay in full again.