JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

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PRE-OPERATIVE INSTRUCTIONS

Dental Implants for Hybrid (Fixed Full-Arch) Denture

ABOUT YOUR PROCEDURE

You are scheduled for dental implant placement to support a hybrid denture — a fixed, non-removable full-arch prosthesis that is permanently attached to dental implants. Unlike a traditional removable denture, a hybrid denture is screwed into place and can only be removed by your dental team. This prosthesis is designed to look and function like natural teeth, restoring your ability to chew, speak, and smile with confidence.

This is a comprehensive surgical and prosthetic procedure. Depending on your treatment plan, you may receive a temporary fixed prosthesis on the same day as your surgery (immediate loading), or you may heal for several months before the prosthesis is attached. Your doctor will discuss which approach is planned for you.

Please read the following instructions carefully and contact our office with any questions.

BEFORE YOUR APPOINTMENT

- Inform our office of any changes to your medical history, including new diagnoses, hospitalizations, or surgeries since your last visit.
- Provide a complete and updated list of all medications you are currently taking, including:
  - Prescription medications
  - Over-the-counter medications (including aspirin, ibuprofen, naproxen)
  - Vitamins, herbal supplements, and nutritional products
  - Blood thinners (warfarin, Eliquis, Xarelto, Plavix, or others)
- **VERY IMPORTANT ⚠ Bone-Affecting Medications:** If you take or have ever taken any of the following medications, please inform our office immediately, as special precautions are required:
  - Bisphosphonates (Fosamax, Boniva, Actonel, Reclast, or Zometa)
  - Denosumab (Prolia or Xgeva)
  - Romosozumab (Evenity)
  - Any medication prescribed for osteoporosis, bone cancer, or bone metastases

These medications can affect how your jawbone heals and may require modifications to your treatment plan.

- **Heart Conditions Requiring Antibiotic Premedication:** If you have a prosthetic heart valve, a history of endocarditis, certain congenital heart conditions, or a heart transplant with valve problems, please confirm with our office that your antibiotic prescription has been arranged.
- **Steroids:** If you take oral steroids (such as prednisone or dexamethasone) or use a steroid inhaler, please inform our office, as supplemental dosing may be necessary.
- **Diabetes:** If you are diabetic, please inform our office. Good blood sugar control is critical for implant healing. Contact our office for specific instructions about adjusting your insulin or diabetes medication, especially if fasting is required for sedation.

MEDICATIONS — WHAT TO CONTINUE AND WHAT TO AVOID

Continue taking all regular medications unless specifically instructed otherwise by your doctor or our office.

- **Blood thinners:** Do NOT stop taking blood thinners unless specifically directed by the prescribing physician in coordination with our office. Stopping blood thinners without medical guidance can be dangerous.
- **Anti-inflammatory medications:** Unless otherwise directed, avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other NSAIDs for 3 days before your procedure, as they may increase bleeding. Acetaminophen (Tylenol) is acceptable.
- **Herbal supplements:** Stop taking fish oil, vitamin E (high dose), ginkgo biloba, garlic supplements, turmeric, and other herbal products that may increase bleeding at least 7 days before your procedure, unless otherwise directed.
- **Pre-operative antibiotic:** If you have been prescribed an antibiotic specifically for the implant procedure, take it exactly as directed — typically 1 hour before your appointment.

ORAL HYGIENE PREPARATION

Reducing bacteria in your mouth before surgery is essential for lowering the risk of infection and promoting successful implant healing.

- If a chlorhexidine (Peridex) mouth rinse has been prescribed, begin using it as directed — typically starting 2 days before your procedure. Rinse twice daily for 30–60 seconds.
- If you have remaining natural teeth, brush and floss them thoroughly in the days leading up to your appointment.
- If you wear a denture, clean it thoroughly each day before surgery. Remove your denture at night and soak it in denture cleanser.
- If you are fully edentulous (no remaining teeth), clean your gums, tongue, and palate with a soft toothbrush or damp cloth each morning and evening.
- If you have been scheduled for a professional cleaning or periodontal treatment before your implant surgery, please keep that appointment.

YOUR EXISTING DENTURE OR REMAINING TEETH

- **Bring your current denture** (upper and/or lower) to every appointment, including the day of surgery. Your denture may be used as a surgical guide or converted into a temporary fixed prosthesis during surgery.
- If remaining teeth need to be extracted as part of your procedure, this will be done at the same appointment as implant placement.
- If you are receiving an **immediate fixed temporary prosthesis** on the day of surgery, you will leave the office with teeth in place. This temporary prosthesis will be replaced with your final hybrid denture after the implants have fully healed (typically 4–6 months).
- If you are **not** receiving an immediate prosthesis, you may need to wear a modified removable denture or go without teeth during the initial healing period. Your doctor will discuss this with you in advance so you can plan accordingly.

THE DAY BEFORE YOUR PROCEDURE

- Do not consume alcohol for at least 24 hours before your appointment.
- Get a full night of rest. This is a longer procedure, and being well-rested will help you through the appointment.
- Fill any prescriptions provided by our office (antibiotics, pain medication, anti-inflammatory medication, medicated mouth rinse) so they are ready for use after your procedure.
- Purchase soft foods for your recovery. **You will need to eat a soft or liquid diet for approximately 2–4 months** while the implants heal and integrate with the bone. Good options include:
  - Yogurt, applesauce, pudding, smoothies (no straws for the first week)
  - Lukewarm soup and broth (not hot for the first 48 hours)
  - Mashed potatoes, scrambled eggs, oatmeal
  - Protein shakes and nutritional supplement drinks (such as Ensure or Boost)
  - Pureed foods, baby food, or blended meals
- Consider preparing and freezing meals in advance, as cooking may be difficult in the first few days after surgery.
- If you have been prescribed an oral sedative to take the night before your procedure, take it as directed.

THE MORNING OF YOUR PROCEDURE

- **If receiving local anesthesia or nitrous oxide only:** Eat a light meal 1–2 hours before your appointment. Avoid heavy or greasy foods.
- **If receiving oral sedation:** Do not eat or drink anything for at least 6 hours before your appointment, unless otherwise instructed. Take the prescribed sedation medication as directed.
- **If receiving IV sedation or general anesthesia:** Do not eat solid food for at least 8 hours before your appointment. Clear liquids (water, apple juice without pulp — no milk) may be consumed up to 2 hours before. Do not drink anything within 2 hours of your appointment.
- Take your pre-operative antibiotic as directed (typically 1 hour before your appointment).
- Rinse with chlorhexidine mouth rinse the morning of your procedure.
- Wear comfortable, loose-fitting clothing with short sleeves or sleeves that roll up easily.
- Remove contact lenses, jewelry, watches, and nail polish.
- Leave valuables at home.
- **Arrive at the time instructed by our office.** You may be asked to arrive earlier than usual to allow time for pre-operative preparation.

TRANSPORTATION

- **This procedure typically requires IV sedation or general anesthesia.** You MUST have a responsible adult drive you to and from your appointment. Your driver must remain in the office or be immediately reachable during your procedure. You will not be permitted to drive, take a taxi alone, or use rideshare services unaccompanied. A responsible adult must stay with you for the remainder of the day after you return home.
- If receiving local anesthesia or nitrous oxide only, you may drive yourself.

SMOKING AND TOBACCO

- Do not smoke, vape, or use any tobacco or nicotine products for at least 1 week before your procedure.
- **Smoking is one of the most significant risk factors for dental implant failure.** It impairs blood flow to the bone and gums, delays healing, and increases the risk of infection and implant loss. This risk is especially important with full-arch implant procedures, where the success of the entire prosthesis depends on every implant healing properly.
- Avoiding all tobacco and nicotine products for a minimum of 8 weeks after your procedure — and ideally permanently — is strongly recommended for the best outcome.
- If you need help quitting, please ask our office or your primary care physician about smoking cessation resources.

WHAT TO BRING

- Photo ID and insurance card
- Complete list of current medications
- Any prescribed pre-medications (antibiotics or sedatives) if not yet taken
- Your inhaler, if you have asthma
- **Your current denture(s)** — upper and lower
- A responsible adult driver
- A blanket or pillow for comfort (optional — the appointment may last several hours)
- Headphones and music or a podcast (optional — for comfort during the procedure if receiving local anesthesia)

IF YOU ARE FEELING ILL

If you develop a fever, cold, sore throat, cough, active cold sore, nausea, vomiting, or any new illness before your appointment, please call our office as soon as possible. Your procedure may need to be rescheduled, as illness can increase the risk of complications and compromise implant healing.

WHAT TO EXPECT

- **This is a longer procedure than standard implant placement.** Depending on the complexity of your case, the appointment may last **3–6 hours** or more. This includes time for any tooth extractions, bone preparation, implant placement, and fabrication/attachment of the temporary prosthesis.
- Multiple implants (typically 4–6 per arch) will be placed into the jawbone.
- If you are receiving an immediate temporary prosthesis, impressions will be taken during surgery and a fixed temporary prosthesis will be attached to the implants before you leave. You will have teeth when you go home.
- You will receive detailed post-operative instructions and any necessary prescriptions after your procedure.

WHAT TO EXPECT (CONT.)

- The implants typically require **4–6 months** to fully integrate with the bone (osseointegration) before the final hybrid denture is fabricated and connected.
- During the healing period, you will have several follow-up appointments to check healing, adjust your bite, and monitor implant stability.
- **Do not chew hard or crunchy foods on the temporary prosthesis.** The temporary prosthesis is designed to be functional but must be protected during the healing period

NUTRITION DURING RECOVERY

Because the soft diet period for hybrid denture patients is longer than for standard implant procedures, maintaining proper nutrition is especially important:

- Focus on high-protein foods to support healing (protein shakes, Greek yogurt, eggs, soft fish, cottage cheese).
- Include fruits and vegetables in blended or pureed form.
- Stay well-hydrated — drink plenty of water throughout the day.
- Consider a daily multivitamin if your diet is limited.

If you have concerns about maintaining adequate nutrition during recovery, speak with your doctor or a nutritionist.

DIABETIC PATIENTS

- If you take insulin or oral diabetes medication, contact our office for specific instructions about adjusting your medication, especially if fasting is required for sedation.
- Monitor your blood sugar closely on the day of your procedure.