

HYBRIDGE POST-OPERATIVE INSTRUCTIONS



- Medications: Most importantly, take ALL prescribed medications (i.e. antibiotics, anti-inflammatory medications, etc.) as instructed. This will help prevent infection, pain, inflammation, and swelling as much as possible.
- Diet: Maintaining adequate nutrition and fluids are also important. Drink plenty of fluids in the days following your surgery; however, DO NOT drink through straws as this may cause an opening in your incision line, resulting in bleeding and delayed wound healing.
 - Ideal fluids should be water only or water with electrolyte packets; no coffee, soda, or alcohol within the first 5-7 days post-surgery.
 - Your diet should be foods that can be easily eaten with a spoon such as, soft baked casseroles, potatoes, pasta, chili, eggs, oatmeal, etc. DO NOT EAT ANYTHING HARD, CRUNCHY, OR CHEWY while your temporary denture is in place.
- Activity: Post-operative swelling, bruising, and discomfort are normal for the first week post-Hybridge procedure. You will likely also notice bleeding or oozing for the first 24-48 hours post-surgery; this is also completely normal. Rest and relax as much as possible for the first 2-3 days post-surgery. Do not perform any strenuous activities such as exercise, yard work, etc that may cause an increase in post-operative pain.
- Oral Hygiene: Brush your natural teeth (if any remaining) like normal. You will not be able to brush your Hybridge restorations with toothpaste due to it scratching/damaging the restoration. For the first week post-operatively, gently rinse your mouth with warm salt water; do not spit but let the rinse fall out of your mouth. Beginning at 2 weeks, you may begin to use a Waterpik to clean underneath your temporary prosthesis.
- Reminders: Things to remember about your Hybridge temporary prosthesis:
 - SOFT DIETS ARE CRITICAL! This helps prevent fracture of your temporary prosthesis but more importantly prevents overloading of the healing implants.
 - The material is MUCH weaker than your final prosthesis, therefore a soft diet is critical not to fracture your temporary. Fractures, although undesirable, can happen. If it does occur, please notify Dr. McGee immediately.
 - You should purchase an over-the-counter athletic mouthguard or boil-and-bite night guard to prevent fracture of your temporary while sleeping. Your final prosthesis will have a high-quality laboratory guard but an over-the-counter is recommended for your temporaries.
 - Any issue(s) that you notice (esthetics, bite/occlusion, speech patterns, material thickness, etc), Dr. McGee has likely already noticed as well and will work to get them resolved.
 - Remember that this prosthesis is only temporary. Most every issue or complaint can likely be corrected in the final prosthesis so please make sure you address any concerns with Dr. McGee so he can resolve them.
- Any issues that you feel should be discussed or concerns you may have please contact us.

Thank you so much for your trust in Dr. McGee and his staff and for allowing us to be your full-arch dental implant rehabilitation choice.