Immediate Fixed Denture Instructions:

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You have now received a provisional (temporary) denture that is affixed to dental implants the same day as the implants were placed, or within 48 hours after placement. The bone and tissue around the implants will need to heal, and so it is VERY important to follow the surgeon’s instructions for mouth rinsing and medications as well as the prosthodontic instructions for eating and cleaning of the prosthesis. It is vital that all recommendations are followed to allow for successful treatment.

Medications:

Please follow your surgeon’s recommendations for medications including antibiotics, mouth rinses, etc. These instructions will minimize pain, minimize risk of infections, and help the gums and bone heal around the dental implants.

Prosthodontic Instructions:

Eating: It is very important for you to follow these instructions to prevent failure of the dental implants, and to prevent breakage of the temporary fixed denture. At this time, you need to pay very close attention to the foods that you eat. Below are recommendations for foods that you can and should not eat. A soft diet is recommended for at least 1 ½-2 months. Please verify diet modifications with your surgeon and prosthodontist prior to eating harder foods.

Recommended Foods (Examples):

1. Pasta
2. Fish
3. Mashed potatoes
4. Soup with soft fillers
5. Anything blended with a blender

Foods to Avoid (Examples):

1. Crust of bread
2. Meat (especially tough meat)
3. Raw vegetables
4. Fruits (unless they are soft like watermelon or peeled or canned peaches)
5. Anything hard requiring excessive chewing

It is incredibly important for you to allow your dental implants to heal through this phase. I also recommend using supplement nutrition such as Boost, Ensure, Etc., to provide your body with adequate proteins, vitamins, and calories.
**Care of Your Fixed Dentures:** It is important for you to keep your fixed denture clean to allow for the gums and the implants to heal.

**Weeks 1-2:** Most likely your surgeon has recommended a prescription mouthwash (Peridex) to aid in tissue healing. This mouthwash will stain your denture teeth, but this can be polished off at a later time. Make sure to follow the surgical instructions, and be very careful not to vigorously swish.

**Weeks 3-4:** This is the most crucial time to make sure you eat very soft food. Your implants are now in the final process of having bone grow to them. Continue cleaning your denture teeth as stated above. Typically, you will not be instructed to continue with the Peridex, but continue if instructed by your surgeon.

**Weeks 5-6:** Your implants continue to heal and are typically finishing the process of bone growth. Discuss with your surgeon diet, but I usually recommend continuing a soft diet unless they say otherwise.

**Weeks 7-8:** At this point, your surgeon will allow you to start eating harder foods. I would recommend slowly ramping the process, and also avoiding hard foods that could break your acrylic temporary fixed denture (i.e. nuts, etc.). Verify with your surgeon their dietary restrictions and the level of bone healing that has occurred.

**Weeks 9-10:** It is common at this phase for your surgeon to evaluate you and verify that the implants are healed. It is important to visit with your surgeon and make sure this is the case. When the surgeon has verified implant healing, the final steps to creating your final fixed complete denture can begin.