Your New Smile: 2-Week Post-Op & Home Care Guide

Congratulations! You've cleared the first major hurdle of your All-on-X journey.

🦷 The Goal: Protecting Osseointegration

Right now, your jawbone is beginning to fuse with your new implants—a process called **osseointegration**. This bond is what makes your implants permanent. However, this bond is still "soft." Think of it like wet cement: it looks solid, but if you put too much pressure on it, it will shift.

🪥 Your Daily Cleaning Routine

At two weeks, your gums are still healing. Gentle consistency is the key to preventing "peri-implantitis" (inflammation around the implants).

Tool	Frequency	Technique
Water Flosser	1–2x Daily	Use on a **low setting (1-3)**. Aim the tip under the bridge and flush out debris. Gradually increase pressure to medium (4-7) after 4 months. It should never be painful or pressure should be reduced. High pressure (8-10) is only appropriate for natural dentition.
Soft Toothbrush	2x Daily	Use a non-abrasive paste. Focus on the transition where the bridge meets your gums. Electric toothbrushes should be avoided during the healing phase of your treatment.
End Tuft Brushes	Optional	Can be used to loosen dental plaque biofilm around the margins and hard to reach areas of your prostheses
Alcohol-Free Rinse	As directed	Gently swish to reduce bacteria without drying out your mouth. Can also be added to the Water Flosser at a 1:10 ratio for easy delivery around the implant components.
Other Supplement Aids	Optional	Soft Picks, Rubber tip Stimulators and Interproximal brushes are all safe if space permits to remove or disrupt deposits under bridges

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🍽️ The "Rule of Thumb" Diet

You are still on a **Soft Food Diet**. A good rule of thumb: **If you can't cut it easily with the side of a plastic fork, don't eat it.**

- **YES:** Scrambled eggs, flaky fish, over-cooked pasta, mashed potatoes, protein shakes, yogurt.
- **NO:** Crusty bread, nuts, chips, steak, apples, or anything crunchy/chewy.
- **NEVER:** Do not use your new teeth to tear open packages or bite your fingernails.

🚩 When to Call Our Office

It is normal to feel some slight tightness, but please contact us immediately if you experience:

- **Movement:** If the bridge feels like it is wiggling or shifting.
- **Persistent Pain:** Pain that is increasing rather than decreasing.
- **Odors:** A persistent foul taste or smell coming from under the bridge.
- **The "Click":** Any clicking or popping sounds when you swallow or speak.

Your Next Milestone: Your next appointment is _____.
We will take updated radiographs and check the stability of the implants and ensure your bite is still perfectly aligned. New impressions and details of your desired final esthetics will be addressed if the implants are fully integrated and you are ready for those important next steps!

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