

ALL-ON-4® INSTRUCTIONS

These instructions are important following your All-on-4® procedure:

SINUS PRECAUTIONS:

- In some patients, implants are placed or teeth are removed near the sinuses. Avoid blowing your nose and sneezing. If you must sneeze, do so while your mouth is open to avoid pressure in the sinuses.

NAUSEA:

- Some patients may experience an upset stomach after anesthesia. Avoid motion as much as possible.
- Nausea can be reduced by eating a small amount of food prior to taking your pain medication.
- Anti-nausea medication can be prescribed, so please call the office if needed.

DIET-DAY OF PROCEDURE:

- Soft liquidy foods are strongly recommended on the day of the procedure. Pudding, JELL-O®, applesauce, yogurt, ice cream, and smoothies are excellent options.
- Always cool down any hot foods or liquids during the first 24 hours following your procedure.

DIET-FIRST WEEK:

- You should eat only soft foods for the first week, such as scrambled eggs, mashed potatoes, macaroni and cheese, soft fish, and steamed vegetables.

DIET-FOODS TO AVOID:

- Avoid hard, crunchy, or very chewy foods for the first 8 weeks following surgery.

PAIN CONTROL:

- Pain medication may be prescribed, and it is advised that you take pain medication on the first day.
- If you are not allergic or intolerant to nonsteroidal anti-inflammatory drugs, you may start taking ibuprofen (Advil® or Motrin®).
- If ibuprofen alone doesn't control your discomfort, take the prescribed narcotic in addition.
- It is recommended that you alternate between the narcotic and ibuprofen. Do not take them at the same time.
- Be certain to take your pain medication with food, as this will help prevent an upset stomach.
- Remember: narcotic pain medication will impair your judgment and reflexes, so do not drive or operate heavy machinery.

ALCOHOLIC BEVERAGES & SMOKING:

- Alcoholic beverages should be avoided for 24 hours before and 5 days after surgery.
- Smoking should be avoided or limited as much as possible.

SWELLING:

- Swelling can be normal after surgery.
- Swelling can be reduced by applying an ice pack to the side of your face. Do this for 20 minutes on, 20 minutes off.
- Continue icing the face as much as possible for the first 24-36 hours. Do not apply ice directly to the skin.
- These measures may not eliminate swelling, but they will help reduce its severity.

MOUTH RINSES:

- If a mouth rinse has been prescribed, please use it as directed.
- Warm salt water rinses can be made by mixing ½ teaspoon of salt with a cup of warm water and should be used at least 4-5 times a day, especially after meals.

HYGIENE:

- You are advised to brush your teeth normally. However, please avoid the surgical site on the day of the procedure.
- Be gentle initially with brushing the surgical areas; brushing the healing abutment is encouraged.

PHYSICAL ACTIVITY:

- No strenuous activity for 3-4 days following your surgery.
- Physical activity increases your blood pressure, which will cause an increase in your swelling, pain, and bleeding.
- You may gradually increase your activity after 3-4 days.
- Low impact activities, such as swimming, may be more comfortable at first.
- Avoid bending over, heavy lifting, or straining.

Congratulations on your new smile! Get plenty of rest, and take care of yourself over the next few weeks. Please feel free to call if you have any questions.