

All-on-4 Procedure

Pre- and Post-Operative Instructions

Pre-Operative Guidelines

Preparing for Your Procedure

To ensure a safe and comfortable recovery, please review the following:

- Purchase recommended soft foods in advance (see approved food list).
- Arrange for a responsible adult (chaperone) to:
 - Accompany you to your appointment
 - Drive you home after surgery
 - Remain available for at least 3–4 hours after you return home
- Avoid stairs unless assisted for the first 24 hours.
- Do not operate vehicles, heavy machinery, or engage in hazardous activities for 24 hours.
- Do not sign legal documents or make important financial decisions for 24 hours due to sedation effects.
- If you have pets, arrange for assistance with their care (e.g., walking) for the first 24 hours.

Smoking

- Refrain from smoking before and after surgery.
- Smoking significantly increases the risk of complications, delays healing, and may lead to implant failure.

Dietary Expectations

- **A soft food diet is required for approximately 2–3 months.**
- Avoid hard or chewy foods, as they may compromise implant stability.

Bruising

- Mild bruising and discoloration may occur.
- This typically resolves within **10–14 days**.
- Products may be provided to help minimize bruising.

Post-Operative Care

First 24 Hours

- **Ice Application**

- Use an ice bandage immediately after surgery.
- Apply ice for **20 minutes on / 20 minutes off** continuously for 24 hours.
- Replace ice packs as needed.

- **Positioning**

- Sleep with your head elevated at a **30-degree angle** (use extra pillows).

- **Diet**

- Consume **liquid or pureed foods only** (e.g., soups, yogurt, pudding, protein drinks).
- Avoid:
 - Hot foods and beverages
 - Spicy foods
 - Carbonated drinks
- Do not skip meals—maintain adequate nutrition.

Days 2–3

- Transition to approved soft foods (see list below).
- Continue avoiding hot liquids for **1 week**.
- Swelling may increase around day 3—this is normal.
- Begin **warm compresses** on day 3:
 - Apply moist heat for **20 minutes at a time** for several hours.

Bleeding and Sinus Precautions

Normal Expectations

- Light oozing or intermittent bleeding is normal for the first 24 hours.
- Blood may appear excessive when mixed with saliva.

Important Restrictions

- Do NOT:
 - Spit, rinse, or use straws for 48 hours
 - Blow your nose for 7 days (upper arch procedures only)
 - Engage in strenuous activity for 7 days

Managing Bleeding

- Apply moist gauze with gentle pressure for 20 minutes.
- Repeat as needed for up to one hour.
- Contact the office if bleeding is heavy or does not subside.

Pain Management

- Take prescribed medications as directed for the first 48 hours.
- Avoid alcohol and driving while taking pain medication.
- For mild discomfort (if advised by your provider):
 - Ibuprofen (Motrin) or naproxen (Aleve) may be used
- Pain should gradually improve. Contact the office if it worsens or persists.

Nausea

- May occur due to medications.
- Reduce risk by:
 - Taking medication with food
 - Drinking plenty of fluids
- Contact the office if symptoms persist.

Sutures

- Sutures will be placed after surgery.
- Do not disturb them.
- They will either:
 - Dissolve on their own, or
 - Be removed in **10–14 days**

Oral Care (After 48 Hours)

- Use prescribed **chlorhexidine rinse**:
 - Rinse for 30 seconds, twice daily
 - Do not eat or drink for 30 minutes afterward
- Brush gently with a soft toothbrush, avoiding surgical sites.
- Use the provided irrigating syringe as instructed to clean the area.

Prosthesis and Healing Timeline

- Final prosthesis fabrication typically begins **3–6 months after surgery**.

- The temporary prosthesis:
 - Is designed to minimize pressure on implants
 - May have fewer teeth than the final restoration
- Long-term maintenance:
 - Wear and tear is normal over time
 - Replacement of components may be necessary in the future

● Diet Guidelines

● Approved Soft Foods

Breakfast Options

- Oatmeal, grits, cream of wheat
- Scrambled eggs
- Yogurt
- Pancakes
- Nutritional drinks (Ensure®, Boost®)

Proteins

- Flaky fish
- Tuna or salmon
- Egg or tuna salad
- Soft ground beef (after 6 weeks)
- Soft rotisserie chicken (after 6 weeks)

Snacks & Desserts

- Applesauce
- Pudding, Jell-O®, custards
- Ice cream, milkshakes
- Soft fruits (bananas, mango, avocado)
- **Other Options**
- Soups (vegetable, split pea)
- Pasta (well-cooked, not al dente)
- Mashed potatoes, beans
- Stews, casseroles, steamed vegetables

Foods to Avoid

- Hard, crunchy, or fried foods
- Nuts, seeds, and dried fruits
- Popcorn, chips, pretzels
- Hard breads or crusts
- Sticky foods (taffy, gum, candy bars)
- Raw fruits with seeds
- Rice (for 3 weeks)
- Ice chewing
- **Important:**

Do NOT bite into foods with your front teeth while wearing the temporary prosthesis.

Medications and Supplements

- Please refer to what your provider sent to your pharmacy

Chlorhexidine Rinse

- Use as directed under oral care instructions.

When to Contact the Office

Please call immediately if you experience:

- Excessive or uncontrolled bleeding
- Severe or worsening pain
- Persistent nausea or vomiting
- Signs of infection (fever, unusual swelling, discharge)
- Nasal bleeding (for upper procedures)