

ALL-ON-4 (NEXT DAY SMILE) AFTERCARE INSTRUCTIONS

Immediately Following Surgery

Here are some guidelines and instructions for you to follow to aid in your healing and recovery:

- Rest at home and take it easy for the first 72 hours following surgery.
- If you had general anesthesia or IV sedation, you may experience light-headedness, dizziness, or sleepiness following surgery. A responsible adult should stay with you for 12 hours after surgery.
- Please refrain from pulling on your lips or cheeks to inspect the surgical sites. This action could tear your sutures or delay healing.
- Take prescribed medications as directed.

How Much Swelling Is Expected?

Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face for 20-minute intervals for the remainder of the day. Continue with the ice for the first day after surgery.

Swelling usually peaks three to four days after surgery and then decreases slowly after.

Will There Be Bruising?

Bruising sometimes occurs after implant surgery. Bruising often develops a few days after surgery and may be located above or below the area that implants were placed. This is normal and typically resolves after the first week.

What Can I Eat After Surgery?

It is extremely important to adhere to a soft food diet for the first three months of healing. During this time your implants are integrating, and you are wearing a temporary prosthesis that is not meant to be used to chew hard or crunchy foods.

What Are Some Examples Of Acceptable Foods To Eat?

Foods that are soft and easy to chew and swallow, are acceptable to consume. These foods may be chopped, ground, mashed or pureed. This diet should be followed for the first three months after your surgery.

Fruits/Vegetables

- Apple sauce
- Cooked or ripe fruits
- Canned fruits without skin or seeds
- Well-cooked soft veggies

Meats And Other Protein Sources

- Broiled fish
- Roasted or stewed chicken
- Soups with small soft pieces of vegetables and meat
- Tofu

Breads/Pasta/Rice

- Soft loaf bread
- Pancakes
- Muffins
- Waffles
- Macaroni, pasta, rice
- Oatmeal, cooked cereal, Cream of Wheat
- Mashed potatoes

Other

- Pudding, Jell-O, yogurt
- Ice cream
- Protein shakes
- Scrambled eggs

How Do I Maintain Personal Hygiene?

Your prosthesis sits firmly on your gums. Therefore, you need to maintain a strong hygiene routine including brushing, flossing, and rinsing in order to help clean under your prosthesis.

During the first week, use the provided Monoject syringe to gently clean underneath your prosthesis. After two weeks you may begin to use a Waterpik and floss.

When Can I Return to My Daily Exercise Routine?

Refrain from exercise, heavy lifting, and any physical activity for the first week following surgery. An elevated heart rate and blood pressure may promote bleeding and delay healing. Based on the doctor's discretion, patients may ease back into physical activity after the first week.

ALL-ON-4 (NEXT DAY SMILE) AFTERCARE INSTRUCTIONS (CONT.)

PLEASE: Do not smoke for the first few weeks after surgery. Smoking may dry out the tissues and delay healing. Smoking can also cause you to bleed more and for longer periods of time. In general, smoking will delay healing and lead to increased risk of complications.

NOTE: You can expect to be uncomfortable for the first three days after surgery. After the third day, discomfort generally lessens, with progressive improvement thereafter.

REMEMBER: We are concerned about your well-being. If you should experience any difficulty in breathing, bleeding that you feel is excessive, persistent nausea or vomiting, or any pain that is not managed with prescribed medications, please contact us immediately. There is always a doctor on call to answer your questions.