

Pre-Operative Instructions: All- On-4 Implant Placement Surgery

At our offices we are pleased to offer IV Sedation options, while providing you with exceptional patient comfort and making your safety a priority. An overview of Pre-Operative Instructions will be given specific instructions prior to surgery with your personal care in mind.

The following pre-operative instructions must be followed very carefully.

Food and Beverages

- It is essential that the stomach be empty at the time of the anesthesia appointment.
- **Nothing to eat or drink (including water) for 8 hours prior to your surgery, unless otherwise instructed by our clinical team.**

This will ensure that you come to the appointment with an empty stomach and prevent you from vomiting should nausea occur. Vomiting while being sedate is dangerous; it may obstruct your airway. It can be prevented by the following the above protocol.

Medications

- If you take routine prescribed or herbal medications, please discuss with the doctor prior to your surgery and in this case a sip of water is permitted if required to take prior to surgery.

Nail Polish, and Lipstick

An oxygen pulse ox will be placed to monitor your pulse and oxygen continuously while being sedated. It doesn't work well on nail varnish or fake nails.

Transportation and General Care

- If having IV Sedation **you must be accompanied by a responsible adult** to remain in the office during your procedure, drive you home and remain with you until you have sufficiently recovered. Your escort will be given your post-operative instructions and all necessary prescriptions.

- Patients that undergo IV sedation are considered legally impaired and must not drive, operate complicated machinery and devices, or make important decisions (such as signing legal documents) during the recovery time (24 hours).
- Arrange for assistance with the care of small children during the recovery period.
- Plan your post-surgical diet.

Clothing / Contact Lenses

- Wear short-sleeved, loose-fitting, comfortable clothing and low-heeled shoes.
- Do not wear jewelry, lipstick or excessive makeup on the day of surgery.
- Remove contact lenses before surgery.

Smoking

- Refrain from smoking prior to treatment and a period of 4-5 days following treatment.

Appointments

- If your general health changes (e.g., cold, cough, fever, etc.), contact our office prior to the day of the appointment in order to discuss your readiness for surgery.
- You are required to confirm your appointment 48 hours in advance.

If you have any questions, please do not hesitate to contact our office. It is important that you understand the circumstances surrounding this treatment.

Post- Op: All-On-4 Implant Placement Surgery

INFORMATION AND INSTRUCTIONS FOR THE ALL-ON-4® PROCEDURE:

WHAT TO DO AFTER 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 I.V. sedation, you may experience lightheadedness, dizziness, and 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 your prescribed medications as directed.
- Bleeding will occur after surgery, and it is not uncommon to ooze blood for 24-48 hours after surgery.

HOW MUCH SWELLING IS TO BE EXPECTED?

Significant swelling may occur after surgery. After the procedure, apply an ice pack on both sides of your face at 15 minute intervals for the remainder of the day. Moist heat such as a warm, wet wash cloth, will aid in reducing swelling after the first 48-72 hours.

Swelling usually reaches its maximum within the first 72 hours post-surgery and then slowly decreases.

WILL THERE BE BRUISING?

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

WHEN CAN I RETURN TO MY DAILY EXERCISE ROUTINE?

Refrain from exercise, heavy lifting and any physical activity for the first week following surgery. Elevation of heart rate and blood pressure may promote bleeding and delay healing. After the first week, and based on the doctor's discretion, patients may ease back in to physical activity.

PLEASE: Do not smoke for the first week 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.

NOTE: You can expect to be uncomfortable for the first 3 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 or to provide you with emergency care. After-hours answering service: (210)-810-3690

HOW DO I MAINTAIN PERSONAL HYGIENE?

An All-On-4® prosthesis sits firmly on your gums. Therefore, you need to maintain a strong hygiene routine such as 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 water pick and flossing.

What Can I Do For Pain?

Some discomfort is normal after surgery. To minimize pain and swelling take 600mg (3 tablets) Ibuprofen (ex. Advil or Motrin) every 8 hours for the first 3-4 days post surgery combined with Tylenol Extra Strength (500mg) Take the first dose before the anesthesia wears off. If prescription pain medication is given, take it as instructed on the label. Do not exceed the dose on the label. Taking medications with food or milk will help reduce upset stomach. Avoid driving or operating heavy machinery when taking prescription pain medication. Do not drink alcohol while taking prescription pain medications. MEDICATIONS: Along with pain medication you will be prescribed antibiotics as indicated by the procedure. Take the antibiotics as prescribed until the entire prescription is completed

WHAT CAN I EAT AFTER SURGERY?

It is extremely important to be on a soft diet for the first 3 months of healing. During this time your implants are integrating, and you're 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?

Acceptable foods are soft and easy to chew and swallow. These foods may be chopped, ground, mashed or pureed. This diet should be followed for the first 3 months after your surgery.

Fruits/Vegetables:

<input type="checkbox"/> Apple Sauce	<input type="checkbox"/> Cooked fruits or ripe fruits
<input type="checkbox"/> Canned fruits without skin or seeds	<input type="checkbox"/> Well-cooked soft veggies

Meats And Other Protein Sources:

<input type="checkbox"/> Broiled Fish	<input type="checkbox"/> Roasted/Stewed Chicken
<input type="checkbox"/> Soups with small soft pieces of vegetables and meat	<input type="checkbox"/> Tofu

Breads/Pasta/Rice:

<input type="checkbox"/> Soft Loaf Bread	<input type="checkbox"/> Pancakes
<input type="checkbox"/> Muffins	<input type="checkbox"/> Waffles
<input type="checkbox"/> Macaroni/Pasta/Rice Pasta	<input type="checkbox"/> Oat Meal/Cooked Cereal/Cream of Wheat
<input type="checkbox"/> Mashed Potatoes	

Other:

<input type="checkbox"/> Pudding/ Jell-O/ Yogurt	<input type="checkbox"/> Ice Cream
<input type="checkbox"/> Protein Shakes	<input type="checkbox"/> Scrambled eggs