

# **ALL ON 4 SURGERY**

## **With IV Sedation**

**Purpose:** To provide a permanent, screw-retained, same-day replacement for the entire upper and / or lower set of teeth with a bridge or denture. The All-On-4 treatment concept owes its name to the very nature of the method, which consists of applying a dental prosthesis with at least twelve teeth fixed in the jaw, based only on four titanium implants.

**Procedure:** This is an in-office procedure. Using surgical guides, the implants are placed in the jaw. The provisional fixed dental bridge is attached to the dental implants on the same day immediately after surgery. It is designed as a one-piece prosthesis which resembles the shape of the patient's teeth and gums.

### **Pre-Operative Instructions:**

1. Please refer to the sedation handout for eating instructions.
2. You will be given prescriptions; *normally* an antibiotic, anti-inflammatory and chlorhexidine gluconate rinse. Take as directed on the "Pre-Operative Instructions..." handout.

### **Post-Operative Instructions**

1. Go home, lie down and keep head slightly elevated. Establish that bleeding is controlled, and medications are working. Avoid strenuous activity for the first 48 hours.
2. Expect some swelling as this is normal. Swelling is the body's natural reaction to surgery and healing. Swelling is common but will not become apparent until 24 hours after surgery and will not reach its peak for 2-3 days. After this time, the swelling should decrease but may persist for 7-10 days. In some instances, swelling may place pressure on nerves resulting in some prolonged numbness of the lower lip or chin areas. This will normally begin to improve within a few days and will usually subside completely within a few weeks. Swelling may be minimized by the immediate use of ice packs. Use an ice pack, provided in post-operative kit. Apply the ice packs to the outside of the face for 20 minutes on and then 20 minutes off while awake for the first 48 hours. The ice should be placed in a plastic bag and wrapped with a towel to protect the skin. After the first 48 hours heat can be applied to decrease swelling.
3. In some instances, bruising or discoloration can occur and may last for several days.
4. Expect some oozing from the surgical area for the first 48 hours. If any significant bleeding begins (bright red in color greater than normal volume of saliva) which does not stop with gentle pressure, call the office for assistance. This means anytime...day or night!
5. After the procedure you may begin to drink cool liquids immediately. Please avoid temperature hot or spicy foods for 48 hours. A non-chewing diet should be maintained until you are instructed otherwise at your first follow up visit 7-10 days after surgery. Eat well and drink fluids, if you get hypoglycemic or dehydrated you will feel poorly. Even if you do not feel hungry or thirsty, eat and drink anyway. Use of a straw is not allowed. This creates negative pressure on the inside of the mouth and can precipitate bleeding. It is advisable not to vigorously rinse, spit, or swish during this time period.
6. Avoid brushing surgical site for at least one week. Rinse your mouth gently 3 times a day with the chlorhexidine gluconate rinse (prescribed mouth rinse). You should also rinse gently but thoroughly several times a day with warm salt water (a teaspoon of salt in a glass of water), especially after eating. To rinse, put fluid in your mouth and hold in place, turn head from side to side over the sink open your mouth and allow the fluid to drop out. A little pink or redness in the normal volume of saliva is within normal limits.
7. Do not probe or disturb the healing area with your tongue, fingers, toothbrush or other instrument and do not pull on your lips as this may disrupt your sutures. Sutures (stitches) that were placed, will normally loosen and fall out within 1-2 weeks. You may cut any hanging sutures, but do not pull on them. The stitched and surgical site will be evaluated in 2 weeks unless otherwise indicated.
8. When taking antibiotics and pain medication post operatively stagger the medication, therefore you will not take them at the same time.
9. Sinus symptoms are normal and can include congestion and nasal discharge. Small amounts of blood or blood clots will often be cleared through your nose. It is very important that you not create any pressure in your mouth or nose during the

first 2-3 weeks after surgery. DO NOT pinch and blow your nose nor blow your nose forcibly. If you must sneeze, do so with your mouth open and do not try to hold back or stifle the sneeze. Also, please avoid blowing with your mouth and whistling.

10. If you smoke, please avoid doing so for at least 2 weeks after surgery, and longer, if possible. Smoke is a severe irritant and may prolong or delay the healing process, as well as significantly increase the risk of infection.
11. Minimize talking for the first 3-4 days after surgery. You may temporarily experience some difficulty with speech and the pronunciation of certain words due to your new bridge.

**Addition information:**

1. If the corners of your mouth are stretched, they may dry and crack. Your lips should be kept moist with an ointment such as Vaseline.
2. Sore throats and pain when swallowing are not uncommon. The muscles get swollen and the normal act of swallowing can become painful. This will subside in 2 to 3 days.
3. Stiffness of the jaw muscles may cause difficulty in opening your mouth for a few days. Do not force your mouth open. Massage the muscles and apply moist heat.
4. With upper jaw implant treatment, you may develop bleeding from the nose. This is usually a temporary finding and will not persist past 2 to 3 days. Avoid blowing your nose for several days.
5. An appointment with your general dentist may be needed within a few days of surgery to make any adjustments to your temporary denture.
6. Your case is individual as no two mouths are alike. Discuss all questions or concerns with your periodontist.

**NOTE:** The quality of the healed result and how long it lasts directly depends on your commitment to daily oral hygiene and continuing care maintenance. It is our goal to never need further intervention.

If you have any questions regarding your hygiene or any change in technique following the surgery, please feel free to ask.

Remember, you may contact Dr. Wilde at 360-692-0300 or 360-620-2492 at any time if you are having a problem. It is important for you to know that you are not alone and that we are always available to help, reassure or answer any questions.