

HILL COUNTRY ORAL SURGERY

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Instructions for ALL-On-4 Treatment

The following instructions are provided for you as a tool to aid you in the recovery process. It is very important that you follow the instructions closely, so that you do not compromise your result, or extend your recovery. If at any time you have any questions or issues, please call the office at **512 327 7233**.

- **Bleeding-** It is normal to experience bleeding for several hours after the surgery. It is recommended that you refrain from any vigorous swishing or spitting while still actively bleeding because this may disrupt the clotting process. If the area that is bleeding is exposed, you may moisten gauze, and set it over the site for a full hour at a time till it stops.
- **Swelling-** Please ice the area 20 minutes at a time for the next 48 hours. When you sleep, keep your head elevated using a couple extra pillows to help prevent excessive swelling. Your most amount of swelling will occur 3 days after surgery.
- **Pain Medications-** You should start your prescribed pain medications as quickly as possible, **before** the local anesthetic wears off. Many medications can cause nausea and vomiting when taken on an empty stomach, so it is recommended you start your medicines after you have had food.
- **Diet-** Your prosthesis will feel very stable and strong from the start, but the implants do in fact take about **4 months** to integrate to the bone. If you do not follow the diet instructions, your implants will fail.
 - **Days 1 to 3-** Liquid diet only to prevent food impaction at the incision site
 - **Days 3 to 10-** Blended foods and soft non-chew foods such as mashed potatoes
 - **Next 4 months following day 10-** Soft foods that you can easily cut with the side of a fork that do not contain bones, seeds, or hard particles that you may accidentally bite.
- **Sutures-** The sutures are dissolvable and will fallout by themselves. If they start to hang down and are bothersome, you may take a small scissor and trim them. Please do not pull on them because they may be attached to tissue.
- **Call us immediately if:** you experience heavy bleeding for several hours, the prosthesis fills mobile or loose, the prosthesis cracks or a tooth breaks, you have severe nausea and are unable to tolerate foods.
- **You must schedule an appointment with your dentist next week to have your bite adjusted**