

## Congratulations on Your All-on-4 Prosthesis!

We want to extend our heartfelt congratulations on receiving your All-on-4 prosthesis! You've taken a significant step towards a healthier and more confident smile. This guide will help you navigate the post-surgery period to ensure a smooth and successful recovery.

### Immediate Post-Op Care

1. **Ice Packs:** Apply ice packs to your cheeks for 20 minutes on and 20 minutes off during the first 48 hours to help reduce swelling. Remember, the more consistent you are with icing, the better you will manage the swelling.
2. **Medications:** Take all prescribed medications as directed. This will typically include:
  - Pain relievers to manage discomfort.
  - Anti-inflammatory medication to reduce swelling.
  - Antibiotics to prevent infection. Make sure to complete the full course.
3. **Rinsing:** Begin rinsing your mouth gently with chlorhexidine three times a day, starting 24 hours after surgery. Do not swish vigorously to avoid disturbing the surgical sites.

### Dietary Instructions

1. **Allowed Foods:**
  - **Soft Foods:** Mashed potatoes, scrambled eggs, yogurt, applesauce, and soups.
  - **Smoothies & Drinks:** Smoothies, milkshakes, protein drinks (avoid using a straw for the first few days to prevent dry sockets).
  - **Soft Fruits:** Bananas, avocados, and other soft fruits.
  - **Dairy & Alternatives:** Cottage cheese, soft tofu, and soft pasta dishes.
2. **Foods to Avoid:**
  - **Hard Foods:** Nuts, chips, raw vegetables, and hard fruits.
  - **Sticky/Chewy Foods:** Candies, caramel, and other sticky foods.
  - **Biting Foods:** Foods that require biting with the front teeth, such as apples and corn on the cob.
  - **Hot and Spicy Foods:** Avoid foods that are too hot or spicy as they can irritate the surgical sites.

### Oral Hygiene

1. **Cleaning:**
  - **Waterpik:** Use a Waterpik on a low setting to clean around the prosthesis and gums. This helps to remove food particles and prevent infection.
  - **Brushing:** Brush the prosthesis thoroughly with a soft-bristle toothbrush and natural neem toothpaste three times a day. Make sure to clean the areas where the prosthesis meets the gums meticulously.
2. **Mouthguard:** Wear your mouthguard day and night for a total of 8 weeks. This helps protect your implants and ensures proper healing.

### Additional Post-Op Instructions

1. **Activity Restrictions:**
  - Avoid strenuous activities and heavy lifting for at least a week after surgery.
  - Rest as much as possible to aid in the healing process.
2. **Hydration:** Stay well-hydrated by drinking plenty of fluids. Avoid alcohol and caffeine as they can dehydrate you.
3. **Sleep Position:** Sleep with your head elevated for the first few nights to help reduce swelling. Using extra pillows can help achieve this.
4. **Smoking:** Avoid smoking as it significantly impairs healing and increases the risk of implant failure. If you need help quitting, please ask for resources.
5. **Alcohol:** Avoid alcohol for at least a week post-surgery as it can interfere with the healing process and medications.

## IV Sedation Aftercare

1. **No Driving:** Avoid driving or operating heavy machinery for 24 hours after IV sedation.
2. **Hydration:** Drink plenty of fluids to stay hydrated. Avoid alcohol and caffeine.
3. **Rest:** Take it easy for the rest of the day. Resume normal activities gradually as you feel comfortable.

## Reassurance and Contact

We understand that undergoing surgery can be a stressful experience, but rest assured, our team is here to support you every step of the way. Following these aftercare instructions will help ensure a smooth and successful recovery.

If you have any questions or concerns, do not hesitate to call the doctor directly. Our goal is to ensure your comfort and satisfaction with your new smile.

Once again, congratulations on receiving your All-on-4 prosthesis! We look forward to seeing your beautiful new smile.

Take care and follow these instructions closely for the best possible outcome!

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To above, add a section about bruising and aftercare

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## Bruising and Aftercare

It is common to experience bruising around the surgical area, especially on the cheeks and jawline. Here are some tips to manage bruising and promote healing:

1. **Ice Packs:** As mentioned, apply ice packs to reduce swelling and bruising during the first 48 hours.
2. **Elevate Your Head:** Sleeping with your head elevated can help reduce both swelling and bruising.

3. **Avoid Strenuous Activity:** Limiting physical activity can prevent further bruising and swelling.
4. **Stay Hydrated:** Drinking plenty of fluids helps to flush out toxins and promote healing.
5. **Healthy Diet:** Eating nutrient-rich foods like fruits and vegetables can help your body heal faster.

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