

**DRS' TRYLOVICH, GIFFORD, MANTOR, IRVING**

CHARLESTON 702-259-1943 HENDERSON 702-750-9875 RAMPART 702-508-6714

**ALL ON 4 / ALL ON 5 / ALL ON 6 POST SURGICAL INSTRUCTIONS**

1. Read and follow the instructions under '**Post Surgical Instructions**'.
2. **NO vigorous, strenuous activities for the next 5 to 7 days.** This includes jogging, swimming, aerobics, hiking, lifting weights, physical sports.
3. Your **temporary** appliance is designed for immediate function. **However, stay with SOFT FOODS ONLY for the next 4 weeks! Any food you can cut with the side of a fork is acceptable.** During this time and for the next 4 to 6 months, **DO NOT ATTEMPT TO EAT:** whole apples, chips of any kind, foods that contain granola, nuts, seeds of any kind, popcorn, caramel, beef jerky, steaks, taffy, raw or uncooked vegetables, ice cubes whether whole or crushed, hard or semi- hard candy that can be chewed. **DO NOT** chew gum. **DO NOT ATTEMPT** to bite into anything with your front teeth. If it passes the 'fork test', place the food on the cheek side. It may also help to cut your food into small, bite-sized portions.
4. **DO NOT** brush the surgical area. Use the Chlorhexadine rinse 24 hours after surgery as instructed, and continue to use it twice a day for the next 2 weeks or until your first post op appointment. Your doctor will let you know when you can safely brush these areas again. If you have natural teeth remaining on the top or bottom, you may clean those teeth as you normally would.
5. **You will continue to wear your temporary appliance for the next 4 to 6 months.** This is how long it takes for the bone to completely integrate around the implants, and the implants becomes rigid in the bone. Once the doctor has informed you that you are ready for the final (permanent) appliance, your general dentist will fabricate your **final, fixed appliance** (no palate covering!) made with a Titanium framework, and only your dentist can remove it. (turn over)

6. Once your final appliance is in place, get ready to **ENJOY ALL KINDS OF FOOD AGAIN!**
7. When you get your final appliance, **we strongly recommend that you purchase a Waterpik!** **This will be a valuable asset to your investment to keep your mouth and gum tissue healthy, which is of the utmost importance!**
8. You **MUST** continue to come in for your cleanings! You **MUST** come in to have your implants checked and get an updated xray of them **once a year!** We will send you a reminder to make an appointment, **but it is your responsibility to stay proactive and to show up for your appointments!**
9. Once you have your appliance in, whether it is the temporary or the final appliance, if you experience any pain, swelling, or if the implants feel like they are loose, or you are having difficulty chewing foods you are allowed to eat, please call our office! If it's after hours, see **'Emergency'**.
10. **Emergency: Dr. Gifford 702-686-3605   Dr. Mantor 1-801-372-2501  
Dr. Irving 850-381-2660**