



Thank you for choosing us to carry out your All-on-4™ treatment.

Our goal is to deliver a friendly, timely, effective and professional service. We aim to provide excellence in dental care, provided by experienced and compassionate staff. We have developed this information sheet to assist you with any queries you may have.

Yours sincerely,

Dr Jaclyn Wong

Pre-Op: Before Surgery

You will be supplied with a quotation for your treatment with all costs and if required anaesthetic and hospital costs.

You will be required to sign a consent form for the treatment and you should understand the treatment options available to you and make sure we have explored them in detail. If you do not understand you must ask us further to ensure you are happy with your treatment plan and quotation.

With the All-on-4™ surgery please do not expect to drive yourself home after the operation. We do not like to send patients home in a taxi to an empty house if you have had a general anaesthetic. If you cannot arrange transportation and someone to look after you, please discuss with my staff so we can make appropriate arrangements.

What can I expect post-operatively after my All-on-4™?

Pain

Different people will feel different levels of discomfort ranging from mild to severe. You will require pain relief for the first week and some patients may need to take them into the second and third weeks. We will give you a script for appropriate tablets for your requirements, but remember that excessive pain relief medication may make you feel unwell. Pain is a normal response so try not to worry. If at any time, you do not feel that you are responding as expected we would ask that you discuss this with your dentist.

Pressure and tightness

Some patients have commented that they feel pressure or tightness with their new teeth. This is uncommon but will usually pass. After the 3-month healing phase some patients need their teeth modified to remove any tension in the frame of the teeth in the All-on-4™.

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Swelling

Swelling is very common and will increase from the time of surgery and usually peak at 48 hours before subsiding. You may be surprised as to how much you swell but this is a normal surgical issue after such a procedure. We endeavor to reduce swelling by using ice packs after the surgery, overnight and for the next 4 days following surgery. Anti-inflammatory medication is also advisable if you are able to take them without stomach effects. The swelling and tightness is probably the most common post-surgical issue you will experience.

Bruising and bleeding

Depending upon the type of procedure you have had (either the standard All-on-4™ or the more extensive Zygoma implants), bruising may range from minor in some patients to severe in others.

Patients who have had blood thinners or have been taking Aspirin, Fish Oil or Krill Oil tablets are more predisposed to bruising and oozing. You may also experience some ongoing oozing from the surgical sites. If this can't be controlled by direct pressure on the area with a ball of gauze (which you will be provided with on the day of surgery), please make sure you call us to arrange a time for review.

Please do not be shocked at the level of bruising as it may be difficult for you to go out in public in the first week.

Facial Numbness

With all implant treatment numbness is an issue when dealing with the lower jaw. All care is taken to prevent damage to the inferior alveolar nerve. That is why we take appropriate x-rays and Cone Beam CT scans to avoid the nerve.

During some procedures the nerve may be stretched and you will experience some temporary numbness of the chin and jaw. This usually disappears but may take a few months. You will be informed of these risks so that you can make a decision if you want to have the treatment.

In the upper jaw, you may experience temporary numbness around the nose and face as the gums are lifted back during the operation. This may be protracted in some people. If you are having the Zygoma treatment the facial numbness is usually more prolonged and can be irritating to some patients.

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All-on-4™ Questions and Answers

Q: I can feel a gap under my teeth. Is this normal?

A: After insertion of your new teeth on day 2 or 3, the gum heals and can shrink slightly causing a gap to open up. This may cause food to collect underneath. We will supply a water pick to you as part of the treatment that will clean this effectively. Do not be concerned, this will not cause infection.

At the end of the 3-month healing phase we will remove the teeth and add more pink to reduce this gap. You may find it annoying in the first 3 months, but be patient as this will be fixed. We always check the health of the implants and gums at 3 months, so it is standard treatment to remove your teeth and inspect. If any changes are needed an appointment will be scheduled to carry this out.

Q: What if my speech is not perfect? I am lipsing. My tongue feels crowded for room.

A: Often when going from your own teeth or dentures there is a period of adjustment for speech. We endeavor to get this as close as possible when your teeth are inserted, however you may be swollen and not in a state to make a critical assessment. Do not worry. At 3 months we review your speech and we may need to make these adjustments to enable us to give you the correct speech.

These changes may include:

- Change the edges of the teeth
- Change the position of the teeth
- Change the shape of the pink on the teeth

Sometimes your tongue feels crowded because you have not had back teeth. This can be rectified quickly by changing the shape. Please let us know if you are having difficulties.

Q: Can I expect the teeth to feel loose?

A: No. Sometimes when the gap between the teeth and gums open up, saliva passes between them and can give the feeling of movement. If you suspect any movement please call and arrange an appointment immediately as we will inspect it and give you peace of mind.

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Q: How can I clean my All-on-4™?

A: You will see our hygienist who will give you instructions on how to clean and maintain your teeth after the surgery and in the long term. This is a crucial part of success and cannot be underestimated or forgotten. If you are attending your own dentist, I would still like to see you every 6 months.

Q: Can I have bite problems with y All-on-4™?

A: While not common, we will balance your bite over the first few weeks. If you do not feel very comfortable you need to inform us so we can take steps to rectify any issues.

Q: What if I am experiencing pain after a few months?

A: This is uncommon and we need to investigate thoroughly as to the cause. It may mean you are losing an implant, there is infection or osseointegration has not been successful. If this is the case the implant will be removed and the area will be cleaned. We will allow time for healing before placing another implant.

We would discuss all possible treatments to rectify the problem. You may require a Zygoma implant in the upper jaw to rectify the problem. An appointment with Mr. Kevin Spencer, oral maxillofacial surgeon, would be arranged to rectify this failed implant.

Q: Why do I have to be in a soft diet?

A: It is important to allow your implants to integrate or fuse to the bone. Pressure is reduced on the teeth during a 3-month healing period, allowing integration to occur. Any excessive forces that are transmitted to the teeth can cause the implants to not integrate. Be patient, your 3-month steak will be worthwhile!

Q: What should I feel under general anaesthetic?

A: You may feel tired over the next 2 days following your surgery and you may feel 'groggy' with the painkillers. You can experience aches or pains after the procedure. Should you have any concerns contact the surgery immediately or call the anaesthetist. You will be provided with our contact numbers before your surgery.

Please feel free to clarify any aspect of your treatment as required.

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