



Instructions for patients following All-on-4 or Immediate Teeth Solutions Treatment

If you were prescribed medications and are experiencing adverse reactions (ie. stomach upset or rash), discontinue the medication and call the office. If you experience shortness of breath or throat swelling, call 911. You may be having a severe allergic reaction and require immediate medical attention.

Things to expect

- **Bleeding**
Traces of blood may occur in the mouth for several hours after the surgery. Blood mixes with the saliva and makes the bleeding appear more significant.
 - For active bleeding, apply WET gauze with pressure to the area involved. Apply this for about 10 minutes, and repeat if necessary. Alternatively, a wet tea bag may be used. If the bleeding has not been controlled after 10 minutes of direct pressure with gauze or a tea bag, please call our office.
- **Swelling**
Swelling is a normal side effect of oral surgery. The swelling may increase over the first week. To minimize swelling we recommend applying an ice pack to the outside of the affected area for approximately for 20 minutes. Take a 10 minute break, then repeat the application. Do this for the first ___ hours.
- **Removable appliances**
Please remove the appliance prior to mouth rinsing, clean the appliance with cold water and mild dish soap (Dawn). Place the appliance back in the mouth.

Home care

- **Brushing/Rinsing**
No brushing or flossing the day of the surgery. Follow the instructions on your Stella Life rinse box until you return for your post-operative appointment. **DO NOT** brush the temporary prosthetic until directed by Dr. Silverstein. For untreated areas, you may resume your normal home care after 24 hours.
- **Activities**
Limit physical activity for 3-5 days after surgery. Please refrain from exercise, running or heavy lifting. Over activity can lead to additional swelling and pain and jeopardize the outcome of your case.
- **Food**
It is imperative that you maintain a soft diet while in the temporary prosthetic approximately 90 days (Ex: hearty soups, mashed potatoes, noodles, and yogurt). Avoid biting down on the front teeth. Drink plenty of fluids to stay hydrated. No straws.
- **Smoking**
Smoking has been proven to have an adverse effect on healing. Therefore, we advise that you not do so during the healing process.

Emergency contact information: Dial 248-2626 (office) and follow the prompts. You will press #7 for Dr. Silverstein. Leave a detailed message and your call will be returned promptly.

Dr. Silverstein's home # (513) 469-2779