



ALL-ON-X

All-on-4 Dental Implants or All-on-X Dental Implants is a unique type of procedure that supports a full arch of teeth using several implants, rather than one implant per tooth. All-on-X is typically recommended for patients who are missing, or may lose, the majority of their teeth and are looking for a cost-effective, long-term solution to return their full function and smile.

All-on-X is a popular option because it offers a long-term, permanent solution to several missing teeth. All-on-X is a good option for patients who would prefer to have a more fixed solution rather than a snap-on-denture or traditional dentures that need to be removed every night.

There is a range of immediate and long-term benefits that you will enjoy following your All-on-X Dental Implants, including the following:

- Cost-effective
- Faster results and quicker recovery time
- Less discomfort than dentures
- Less bulky material compared to a traditional denture
- Less disruption in taste and food satisfaction/sensation (due to less material - especially on the palate)
- Functions like natural teeth
- Maintains integrity of bone structure and prevents additional bone loss

After an initial consultation, review of your medical history, 3-dimensional imaging and x-rays, your periodontist will determine what treatment options are best suited to your unique needs. Next, your periodontist will examine your jawbone to ensure there is an adequate amount of bone to hold the implants in place. If you are a good candidate for an All-on-X procedure, then your periodontist will coordinate with your general dentist as this is a team effort.

If All-on-X Dental Implants are determined to be the optimal treatment option for you, your periodontist will plan the implant placement in a way to maximize support for the denture while avoiding key anatomical structures such as the sinuses and nerves. The number of implants used for each arch is typically four to six, depending upon your particular case and what your periodontist feels is best suitable for you.

On the day of treatment, you will be sedated and given local anesthetic. The type of anesthesia that is used may vary, depending upon the severity of your case as well as your overall sensitivity. Once you are properly numbed and comfortable, the unhealthy, loose or broken teeth will be removed. Next, the implants are placed in the jaw bone. If adequate stability is achieved on the implants, a temporary prosthesis is provided to you that is screwed into the implants. After allowing approximately 3 months to heal, you will return to your general dentist's office and the permanent restoration will be made.



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What to expect:

- Prescriptions
- Mild-moderate discomfort
- Inflammation
- Dissolvable sutures
- Post-op appointments with your periodontist and general dentist
- If you take ASPIRIN, continue to take it
- If you take blood thinning medications, please follow your periodontist and doctor's instructions on taking it prior to surgery

Pre op instructions:

- No caffeine the day of procedure
- No alcohol the day before and day of the procedure
- No smoking at least 1 week prior to and after procedure.

Post op instructions:

- Soft food diet following surgery for 6 weeks
- No carbonated beverages for 1 week
- No straws, spitting, hard swishing
- Avoid heavy lifting/exercise for at least 1 week
- Must maintain good oral hygiene
- Soft toothbrush use for the first week
- Ice pack for first 24 hours only, Warm compress after 24 hours
- StellaLife Healing Kit - dental team will review how to use
- For pain control and reduction of swelling, take 600 mg Ibuprofen (this is 3 over the counter 200mg tablets), wait 3 hours then take 500mg Tylenol (1 over the counter tablet) and continue to alternate medications every 3 hours. If this does not control your pain, take the 600 mg ibuprofen and 500 mg Tylenol at the same time, every 6 hrs.
- If medications were prescribed, please follow the instructions on the bottle for their use.