



Post-Op Home Care Instructions For All-On-4 Patients

It is essential for the healing process that the following directions are observed during the first 2 months after the operation:

- Eat only soft foods during the first 6-8 weeks (this includes things that you can cut or mash with the side of a plastic fork).
- Smoking should be avoided during this time period as this can slow the healing process.
- If possible, an elevated headrest or extra pillow should be used during the first few nights after the operation to reduce swelling in the operated area(s).
- After each meal, the mouth should be thoroughly rinsed with salt water solution (1/2 tea. Salt in 8 oz glass of warm water) or Peridex; begin both solutions 24 hours after the procedure and alternate solutions. You will continue to do these rinses until your post-operative visit.
- If you are in doubt or if there is any sign whatsoever of a disorder related to the healing of the surgical area, you are kindly requested to contact our office ASAP.

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