

## **Home Hygiene Protocol for the All-on-Four Procedure patients**

### **Day 1-21**

Rinse with warm salt water 6-8 times daily, especially after each meal or snack. Use antibacterial rinse, if prescribed by the doctor.

Use a small, soft toothbrush (children's toothbrushes work well) to remove any obvious food buildup that does not rinse out.

### **Day 22-42**

Continue salt water rinses 6-8 times daily.

Begin using a WaterPik on the lowest pressure setting with warm salt water to gently remove any debris. (Do not use WaterPik around zygomatic implants)

Bleeding may occur during the first few days after using the WaterPik. If any motion causes pain, reduce pressure- you may need more time to heal.

### **Day 43+**

Use WaterPik after each meal.

Use a toothbrush to aid in removing visible debris. Look closely around the mouth, especially if any implants are visible, as debris will collect in these areas. Red, bleeding gums or tender areas may be a sign that improved hygiene is needed.

## **Dental Office Hygiene Protocol for the All-on-Four Procedure patients**

### **At 1-2 months post-op**

Gentle debridement of any obvious debris using plastic instruments. Do not curette implants.

### **At 2-4 months post-op**

Gentle debridement of any obvious debris using plastic instruments. Do not curette implants.

Using Super Floss dipped in Peridex, access and clean underneath prosthesis.

Using Super Floss dipped in Peridex, clean implant/hybrid junction with gentle threading and manipulation.

### **At 6 months**

Check for periodontal condition of soft tissue around abutments. Clean plaque and debris from abutments and soft tissue. Use plastic tipped ultrasonic instruments to clean around abutments. \*Do not probe >4mm around zygomatic implants.

### **At delivery of final prosthesis**

Check for periodontal condition of soft tissue around abutments. Irrigate soft tissue at implant level with chlorhexidine before attaching final prosthesis. Clean temporary prosthesis, include inside lab box (with models), and give to patient.