

# WHITE CLINIC BELGRADE



VLADIMIR MALUŠEV PR SPECIJALISTIČKA ORDINACIJA DENTALNE MEDICINE IZ OBLASTI ORALNE HIRURGIJE WCB BEOGRAD  
PIB 108397610 MB 63424919  
TR: 265-1630310010137-65

## PATIENT INSTRUCTIONS AFTER RECEIVING A TEMPORARY PROSTHESIS

### *(Full Arch Implant Reconstruction - All-on-4)*

Dear Patients, to ensure proper wound healing and smooth adaptation to your new prosthesis, it is extremely important that you strictly adhere to the following instructions:

#### 1. DIET (Extremely Important)

- **Soft food (3 to 4 months):** During this period, consume only soft foods (pasta, boiled vegetables and meat, fish, eggs, soups, broths, and mashed foods).
- **Strictly avoid:** Hard and crunchy foods (nuts, bread crusts, toast, popcorn, and other snacks), as well as sticky foods (caramels, chewing gum).
- **DO NOT BITE WITH FRONT TEETH:** Biting off food (e.g., whole apples, carrots, or sandwiches) is strictly prohibited. Always chop your food into small pieces and eat bite by bite.
- **Chewing:** Try to chew your food evenly on both sides of your mouth.

#### 2. ORAL HYGIENE

- **Brushing:** Brush your teeth at least 2 times a day, using exclusively a soft-bristled brush.
- **Prosthesis-to-gum transition:** Clean the transition area between the prosthesis and your gums with special care and attention.
- **Water Flosser (Oral Irrigator):** The use of a water flosser is recommended only 4 weeks after the surgery (never before).

#### 3. HABITS TO AVOID

- Do not use your teeth as tools (e.g., for opening packaging).
- Do not bite your nails, pens, or other hard objects.

#### IMPORTANT NOTES!

- **Temporary Prosthesis Limitations:** The temporary prosthesis is not designed to withstand heavy chewing loads. Its aesthetics are transitional and can be further adjusted in consultation with you when the final (permanent) prosthesis is being made.
- **Adaptation:** It is recommended that you speak as much as possible (e.g., reading aloud) and exercise your lip and cheek muscles to get used to the presence of the new prosthesis in your mouth as quickly as possible.
- **Follow-up:** Your follow-up appointment is scheduled for 7 days after receiving the prosthesis.

If you notice any problems or have any additional questions, please feel free to contact us. Adhering to these instructions is crucial for the long-term success of the therapy!

*Wishing you a fast and successful recovery,*  
White Clinic Belgrade