



**INSTRUCTION FOR LONG TERM CARE OF
All-On-Four
IMPLANT SUPPORTED FULL FIXED PROSTHETIC TEETH**

1. Each night brush the entire prosthesis with denture paste. Do not use abrasives. Brush your tongue & gums gently but thoroughly with a **soft** bristle tooth brush.
2. Clean the tissue side of the prosthesis by using a Waterpik and floss.
3. Thread floss under the back cantilevered areas by looping it around the back. “Shoe-shine” the under surface (tissue surface) until you reach the implant.



4. Floss gently around the implant.
5. Thread floss between the implants (3 areas) and do the same. Use a floss threader or floss with a build-in threader such as super-floss.



For example:

6. Flow up yearly for removal, cleaning and replacement of prosthetic screws by your dental professional.
7. Be careful chewing. You will not have the tooth protecting nerve input that you have with natural teeth.