



SMILE NOW  
DENTURES & IMPLANTS

# AOX HAND BOOK



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# WELCOME



Greetings, I'm **Dr. Caleb Stott**. I'm excited for you that you've taken the first step towards enhancing your oral health. It's an important decision, and I'm here to help you through the process with **personalized care and expertise**. My primary goal is to offer you a range of options tailored to your specific needs, ensuring that you achieve not only improved dental health but also **a smile that brings you lasting satisfaction**.

Throughout my career, I've had the privilege of witnessing **thousands** of individuals experience **remarkable transformations through the benefits of dental implants**. These patients, who once struggled with issues like missing teeth or uncomfortable dentures, have regained their ability to enjoy the foods they love and embrace life with newfound confidence. What's truly remarkable is that many of them initially believed that such comprehensive dental care would be financially impossible. However, **with advancements in dental technology and treatment approaches, the best treatments have become more accessible and affordable than ever before**.

As you embark on this journey, you can **rest assured that you're in good hands**. My team and I are committed to providing you with **compassionate care and innovative solutions** that fit your goals and budget. Together, let's look forward to a brighter future filled with smiles that reflect your inner confidence and well-being.

**Dr. Caleb Stott, FICOI**

"NOTHING YOU  
WEAR IS MORE  
IMPORTANT THAN  
YOUR SMILE"



# BEFORE SURGERY



## 1 Complimentary Consultation

We hope you enjoyed meeting and found the **complimentary consultation** to be of great value. If you came alone and have a significant other that is part of your decision making process, please feel free to **make another appointment** for you and your significant other. It is important to us that you have **all the information** you need to make the **BEST decision**.

## 2 Pre-surgery Appointment

Upon deciding to proceed with dental implant treatment, a pre-surgical appointment is necessary. During this visit our team will **finalize financing, review informed consents, take photos and make digital impressions** to facilitate the design process for your new smile on the day of the surgery. To secure your appointment, a non-refundable deposit of \$1000 is required, which will be applied towards your total treatment cost.

## Informed Consents

Informed consents are documents that are to inform you of the **benefits, risks, and alternatives to the dental treatment** you are undergoing. You will have several consents to sign before treatment begins.

## 3 Medical Consults

Upon review of your medical history, certain items may best be discussed with your primary care physician. These can include but are not limited to diabetes, high blood pressure, previous cancer treatment, blood thinners, osteoporosis medications, or cardiovascular issues. If your doctor's office is timely with the requests this does not usually delay surgery. **Sometimes it is helpful if you call your doctor's office to alert them they need to send back the paperwork.**

## IV Anesthesia

If you elect to undergo anesthesia with a dental or medical anesthesiologist, they will want to speak with you. Be aware that they will discuss your medical history and sign additional consents before surgery. Our team will help facilitate you and the anesthesia team coordinating for surgery.

# BEFORE SURGERY



## DO

### TAKE SUPPLEMENTS

Immediately begin taking supplement which contain vital minerals for bone health like Vitamin D3 and K2. These help limit complications and promote successful osseointegration.

### START MEDICATED RINSE

Begin using the Stella Life or Closys medicated rinse one day prior to surgery and then 2x a day until gone.

### ARNICA TABLETS

Begin the Arnica tablets one day prior to surgery. Take two pills beneath the tongue three times a day. This helps with bleeding and bruising.

### START PRESCRIPTIONS

Read your prescriptions carefully as many may ask you to start the day before or the morning of the surgery.



RECOMMENDED  
SUPPLEMENTS

## DON'T

### USE TOBACCO

Smoking and chewing tobacco greatly inhibit the ability of your mouth to heal. This is a great time to make a positive life change and quit smoking altogether! Nicotine patches are available to help.

### USE ILLICIT DRUGS

Recreational drugs like Marijuana, Cocaine, and Methamphetamine inhibit the body's ability to heal and recover from surgery as well as get completely numb the day surgery. Avoid any illicit drugs, especially leading up to surgery and after during the critical recovery time.

### DRINK ALCOHOL

Alcohol acts as a blood thinner and can contribute to complications that impair wound healing. Avoid alcohol two days before surgery and for up to a week after.



# DAY OF SURGERY AND RECOVERY



## DAY OF SURGERY

- 1** For your appointment, arrive on time and visit the restroom before heading to the surgical suite. If you're not receiving IV sedation, it's wise to have a light breakfast as the procedure will extend through lunchtime. However, if IV sedation is planned, follow the pre-operative fasting instructions provided by your anesthesia provider, typically an 8-hour fast prior to surgery. Bring all medications to the appointment.
- 2** Wear loose-fitting, dark, washable clothes that can handle contact with fluids or dental materials. Also, refrain from wearing fingernail polish, as it could interfere with monitoring equipment during the procedure.
- 3** Remember to continue taking all prescribed medications except for blood thinners or insulin for type II diabetes, as advised by your doctor. It's crucial to arrange transportation to and from your appointment. Expect a duration of 5-7 hours.
- 4** Plan to take the rest of the day off and the following 2-3 days for rest and recovery. While resting, elevate your head with an extra pillow and apply ice on and off every 20-30 minutes for the first two days. Icing is a huge benefit for your healing in the weeks to come. From the third day onward, you can transition to alternating heat and ice therapy for added comfort.
- 5** Remember, your first set of teeth are placed on your implants the same day as the surgery. You'll never have to go without teeth.

## RECOVERY

### Ice Therapy

Use an ice pack 15–20 min on/off for 24–48 hours to reduce swelling.

### Medications

Take all prescribed medications as directed—don't skip doses.

### Diet Transition

Days 1–3: Liquid diet (smoothies, broths, etc.)

Weeks 1–8: Soft foods only—think “plastic fork friendly.”

### Oral Care

Begin gentle rinsing with Closys, Stella Life, or saltwater for healing.



# AFTER SURGERY



## 3-5 DAYS

The first 3-5 days after surgery are often the most difficult. Plan to not work for these first days as you go through initial healing. **Ice and medications are your friends and should be used as directed.**

Additionally, rinsing with Closys, Stella Life, or Salt Water can improve your early experience and help your initial healing. Bleeding should be minimal after 48 hours. If you feel that something is off please call the office.

## 14 DAYS

The most important time for healing is the initial 2 weeks after surgery! This is when the gums are closing and the initial healing is taking place. It is vital to be especially gentle and careful during this time.

- The majority of complications seen are due to SMOKING.
- Finish your entire allotment of antibiotics!
- Cold liquid diet for 1-2 days and then warm liquid diet during this time.
- Your first post operative visit is typically around 14 days after surgery.

## CLEANING YOUR TEETH

During the **initial 2-3 weeks**, refrain from using a Waterpik until your gums and bone have fully healed. Instead, opt for gentle rinses twice daily using Closys, Stella Life or Salt Water. You can find links to these rinses on Amazon by scanning the **QR code provided in the Before Surgery section**. After your first check-up, you can gradually increase the intensity of mouth rinsing and begin lightly brushing your teeth.

## PLASTIC FORK DIET

**“Plastic Fork Diet”** for the first two months. This is any food that can be smashed with a plastic fork. Examples include bananas, french fries, soft bread, pasta, eggs, hamburger, etc.





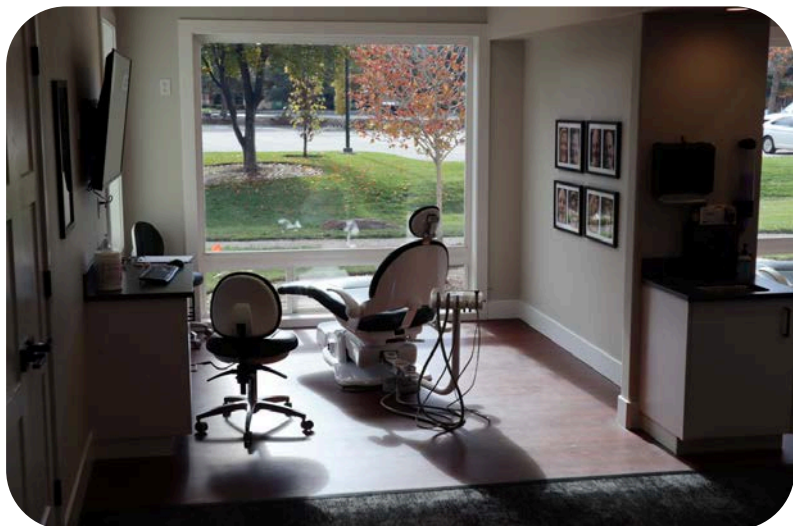
# AFTER SURGERY



When you schedule your surgery you should also receive two important follow-up appointments:

- 14-day post-operative evaluation.
- 2-3 month post operative evaluation.

Please ensure that you know when your follow-up appointments are!



## 14 DAYS

At the two week post-op visit the dental team will check the healing of the tissues and re-check the bite of the provisional. The dentist may also remove the provisional to check the tissue underneath or remove any remaining sutures. At this appointment you will also receive a Waterpik and Superfloss with instructions on how to use them.

## 3 MONTHS

At the eight to twelve week visit a new x-ray will be taken to check the healing of the implants. The healing teeth will be removed and the gum tissue will be checked as well. Implant parts are tightened and overall health is verified. At this visit, if there are any concerns, they will be discussed and possible revisions will be planned. If everything is perfect we will discuss tooth changes and start making your prototype teeth in preparation for your finals.



# COMMON MEDICATIONS



## ANTIBIOTICS

### Amoxicillin-Clavulanate 875 mg-125 mg (AUGMENTIN)

Take one tablet every 12 hours until gone. 20 Tabs.

### Clarithromycin 500mg (When allergic to Penicillins)

Take one tablet every 12 hours until gone. 20 tabs.



## PAIN MEDICATIONS

### Ibuprofen 600/800 mg

Take one tablet up to three times a day for moderate to break through pain, every 6-8 hours, by mouth. May be taken with Tylenol or Percocet. 30 tabs.

### Acetaminophen 325 mg (Tylenol)

Take one tablet by mouth up to four times a day (every 4-6 hours) for moderate to break through pain. May be taken with Ibuprofen.

### Oxycodone-Acetaminophen 5/325mg

Take one tablet for moderate to break through pain by mouth every 6-8 hours. *Do not overlap with Acetaminophen (Tylenol).*

### Exparel

A patented drug that provides numbing relief for 2-3 days after surgery. This medication is ideal for concerns with opioid use to control pain. This is an optional adjunct at the time of surgery and is not available from the pharmacy. If interested, ask your doctor for more details.


## STERIODS

### Prednisone 20mg (Dosepack)

Take allotment of tabs as directed on the packaging - six tablets the first day, five tablets on day two, four tablets on day three, three tablets on day four, two tablets on day five, one tablet on day six.

PAIN  
MANAGEMENT

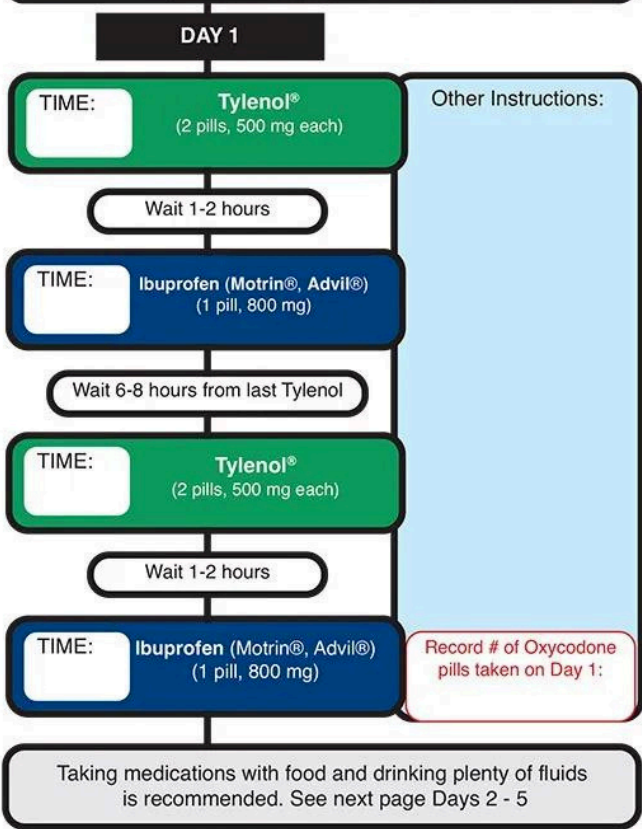




To best control your pain, take the Tylenol® and Ibuprofen every 6-8 hours each day.

Make sure to wait 1-2 hours between the Tylenol® and Ibuprofen.

*The Oxycodone (opioid) is to be used only for pain not relieved by the schedule below:*





**WARNING Oxycodone**

side effects include:

- Nausea
- Vomiting
- Constipation
- Headache
- Legal Impairment
- Risk of Addiction

If you need more pain relief than the routine shown at left, consider taking at **any** time:

**Oxycodone**  
(1/2-2 pills every 4-6 hours)

Recommended to start with 1/2 pill and only take more if needed.

# INITIAL HEALING PERIOD



Though infrequent, some complications may occur and should be addressed right away. Below you'll find the reason we want you to call us! Generally, when in doubt feel free to call!

## LOOSE TEETH

If the prosthetic ever feels loose call the office immediately and return to an all-liquid diet. This may indicate that the screws have loosened. Make an appointment as soon as possible to have them re-tightened.

## CHRONIC PAIN

The discomfort post surgery should peak at days 3-4 and continue to get better each day after. If the pain is severe or worsens after that time period call the office to be seen and have the situation assessed.

## BROKEN TEETH

If any portion of the prosthetic fractures call the office immediately. You can place orthodontic wax (can be found in the dental aisle of a drug store) over any sharp pieces for comfort until you can be seen.

## BAD ODOR

Once possible, make sure you use the waterpik and superfloss as instructed. Early signs of infection can include the formation of large gaps between your tissues and the provisional teeth or a bad taste/odor in your mouth.

## SYSTEMIC ISSUE ASSESSMENT

In instances where **multiple implants** fail to integrate or become infected, systemic issues are suspected and a comprehensive assessment may be necessary. Patients will be required to undergo the following blood tests prior to revision surgery.

### **CBC (Complete Blood Count):**

This test assesses various components of your blood, including red blood cells, white blood cells, and platelets, providing insights into your overall health.

### **Vitamin D Test:**

This measures the levels of vitamin D in your blood, crucial for bone health and overall well-being.

### **HbA1c (Glycated Hemoglobin) Test:**

This test shows average blood sugar levels over the past two to three months, important in assessing diabetes management.

These tests, while aiding in diagnosis and treatment planning, are conducted at the patient's own cost to rule out systemic concerns. Additional tests, to include illicit drug use, may be required at the discretion of the treating doctor before revisions are considered.

# PERFECTING YOUR SMILE



Once the implants and surrounding tissues are healthy a second set of provisional teeth are made. These teeth are referred to as **PROTOTYPES**.

During this phase **we ensure that your new smile is exactly what you want**. During the healing phase we encourage patients to keep a list of changes they'd like to make in their final teeth. These changes are incorporated into the prototype design which will be worn for two to three weeks to ensure patient satisfaction.

**Upon approval of the prototype, the patient will no longer have the option to change the appearance of their teeth.** Once finalized, the final teeth are fabricated from lifelike and super-strong zirconia ceramic custom made for your mouth!



## AESTHETICS

During the prototype phase you and your dental implant team will work to correct any imperfections from the provisionals to make sure you receive your ideal smile! This includes the **shape, size, color, and position** of the teeth in your smile.

## FUNCTION

Equally important as the appearance of a great smile is the function and comfort of your new teeth. Your dental team will work **to perfect your bite and the ability to comfortably chew, smile, talk, sing, and laugh.**

# PROTECTING YOUR SMILE



After the final prosthetic is delivered it's important to take care of it. This includes great homecare and regular visits to your dentist. **Smile Now Dentures and Implants would love to help you maintain and protect your smile!** If that is not possible, we encourage you to **find a general dentist for your regular checkups.**

## “THE MOST IMPORTANT STEP IN PROTECTING YOUR SMILE IS DAILY HOMECARE.”

The best way to keep your smile clean at home is with the use of an electric toothbrush, water flosser and superfloss. Recommendations of specific brands are located through the QR code on page 4.



**Superfloss** - This can be threaded between the transition of your new teeth and your natural tissues and then moved along the surfaces to reduce plaque and bacteria. Use Superfloss between each implant.

**Electric Toothbrush**- Using a soft bristle brush, clean the entire surface of the teeth, including the back and front of your new teeth.

**Waterpik**- Fill the tank with water and add **1/2 teaspoon of unscented bleach**. Use this to clean underneath your new teeth, between the gums and the bridge. Use the lower setting when starting and work up to a 6-8 as you get used to it.

# PEACE-OF-MIND WARRANTY



While some offices follow the recommendation that all-on-x **fixed hybrid prosthesis should NOT be removed routinely for cleaning**, conflicting studies and years of experience suggest that **removal has its advantages**.

## “The best time to treat a complication is before it starts!”

Smile Now Dentures and Implants' Long-Term Maintenance Program is how we **stand behind our work** and **ensure that you are smiling for years to come**.

At the delivery of your final teeth you'll be opted in to our Smile Now Warranty which covers Straumann-Neodent implants for the lifetime of the patient as well as a five-year warranty on zirconia or titanium reinforced zirconia teeth.

To keep your warranty in force you are required to receive the following at regular intervals:

- 4-6 Month Cleanings with possible removal of teeth when necessary
- Annual Panoramic X-Ray confirmation of bone health.
- Verification of Hard Night Guard use and replacement when necessary
- We also offer Botox to reduce the biting strength of your muscles and reduce force put on your implants. This is especially beneficial at the time of surgery and for patients that can exert significant force on their teeth.

**There are terms and limitations.** Ask to speak about this option at any of your appointments leading up to the delivery of your final teeth.

# IMPLANT COMPONENTS

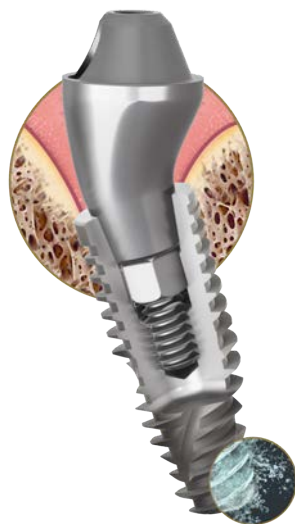


Smile Now Dentures and Implants uses tried and trusted implants that are the standard of optimal patient care. We use **Type 4, pure titanium Straumann-Neodent GM implants** which are backed by decades of research and success.

- Straumann finger driver
- Multi-Unit Abutment (MUA) is straight, 17,30,45 degrees.
- Catalogue available at [www.straumann.com](http://www.straumann.com)
- Replacement of prosthetic screws is recommended after two uses.

Please email us at [info@smilenowrenotahoe.com](mailto:info@smilenowrenotahoe.com) for specification of the screws for each patient as some screws can be angle correcting and need a specialized finger driver.

If there are issues that are causing pain, suppuration, or looseness of the prosthetic, please refer the patient back to our office for an evaluation. If you are comfortable removing and replacing the prosthetic the information for the prosthetic screws is below:



CODE: PRH30



15 ncm



**NEODENT**  
A Straumann Group Brand



Please note the **max torque is 15Ncm (handtightened) on the prosthetic screw.** A new set should be ordered if the prosthetic is removed and re-torqued more than once.

Please note the max torque is 15Ncm (hand tightened) on the prosthetic screw. A new set should be ordered if the prosthetic is removed and re-torqued more than once.

**Multi-unit abutments max torque is 20Ncm** but if those are loose we often would like to see the patient to diagnose the issue leading to the looseness.

**Replace protective composite** by placing 1-2mm of teflon tape into the access and then sealing it with flowable after an application of bond.

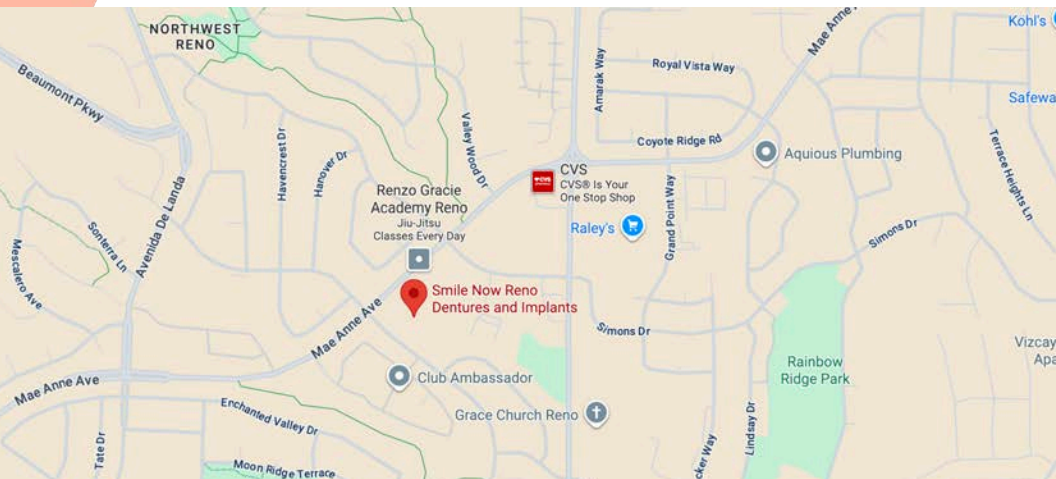
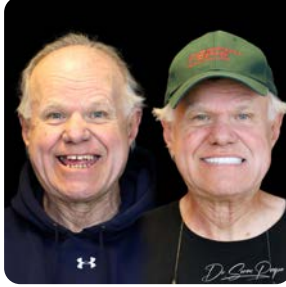
## Procedural Dental Codes for Treatment:

- **D0330**-PANO
- **D0220**-PA PRN
- **D1110**-Prophy if hybrid not removed
- **D6080**-Implant maintenance/arch
- **D6081**-Scaling/Debridement around a single implant.

FOR YOUR DENTIST



JOIN THOSE WHO CHOSE TO **SMILE NOW!**



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