

DENTAL HEALTHCARE

GUIDE 1



WHAT YOU SHOULD ALWAYS KNOW?

Dental Implant Disclosure and Consent Forms

All-on-4 / All-on-6 / Single Implants Placement

You are scheduled to receive one or more dental implants, or a complete set using All-on-4 or All-on-6 technology.

- These treatments include surgical placement of titanium implants into the jawbone and, in many cases, the attachment of a temporary or permanent prosthetic (crown, bridge, or denture) after healing.

Having a provider that is an experienced dental surgeons preferable implant specialist is key.

While protocols may vary slightly, your treatment plan has been explained in advance by a Green Healthcare Patient Advocate.

Informed Consent for Dental Implant Surgery “ always “

As a patient, you acknowledge understanding and acceptance of the following information:

1. Diagnosis & Proposed Treatment

You have been diagnosed with one or more missing or non-restorable teeth, and have chosen to receive dental implants to restore function and aesthetics. You may receive:

- Single implants,
- Multiple implants, or Full-arch fixed prostheses using All-on-4 or All-on-6.



2. Alternative Treatments

Alternatives to dental implants include:

- Doing nothing,
- Removable partial or complete dentures,
- Fixed bridges,
- Bone grafting with delayed implant placement.

Each has pros and cons, which have been discussed with your Patient Advocate and, where applicable, your Costa Rican Or Mexican dental provider.

3. Surgical Risks & Complications

Although rare, complications may include:

- Pain, swelling, bruising
- Infection
- Bleeding
- Damage to nearby teeth, gums, or sinus
- Nerve injury (numbness or tingling of lips, cheeks, or tongue, which may be temporary or permanent)
- Implant failure (non-integration or loss after placement)
- Bone loss around the implant
- Sinus issues (for upper implants)

Patients who smoke, have uncontrolled diabetes, osteoporosis, autoimmune conditions, or take certain medications (like bisphosphonates) may have increased risk of complications or implant failure.





4. Anesthesia & Sedation

Procedures are typically performed with:

- Local anesthesia,
- IV sedation (if requested or recommended),
- mandatory blood markers testing for surgery
- Oral sedation (optional).

Please let us know beforehand allergies with the type of anesthesia used at your specific clinic and any pre-op instructions.

Most procedures are completed comfortably without full sedation, but options vary by provider.



5. Treatment Phases

Implant treatment may involve multiple phases:

- Phase 1: Surgical placement of implants

Please bring the following at least one week prior to coming. This is done in an effort to **make sure you can be sedated.**

For preoperative Evaluation including an EKG, please contact your primary care physician or cardiologist as soon as possible and request a copy of the results to be brought with you

1. Coagulation test (coagulation test: TP Y TPT)
2. Complete blood count (Complete blood count)

- In Costa Rica & Mexico , gas anesthesia is not used; instead, a certified anesthesiologist administers real conscious anesthesia with all the essential equipment. It's important to emphasize that eligibility for this type of sedation requires successful completion of all medical examinations and being deemed fit for the procedure.
- This precaution is necessary due to the prolonged nature of the operation, requiring an extended period with the mouth open. Even though the surgery is minor, it is still surgery, and constant IV monitoring will be in place. Additionally, for female patients, there is always a female assistant present for your comfort.

Phase 2: Healing period (3–6 months, depending on bone quality and medical history)

Recovery Period: There is a healing period after surgery during which the implants integrate with the jawbone. Temporary prosthetic teeth may be provided during this phase.

Keep in mind that

- The nature of dentures ‘Temporary prosthetic teeth’ and the limited time frame, typically ten to ten days during which I am available for adjustments, means achieving a perfect fit can be challenging. The short period may not allow for an absolutely flawless adjustment







6. Post-Operative Instructions

Patients are expected to:

- Follow all post-operative instructions carefully
- Take prescribed antibiotics and anti-inflammatory medications
- Avoid smoking and alcohol during the healing period affects success
- Eat a soft diet for the first few weeks
- Avoid high-impact activities that could disturb healing

You will receive printed or digital post-op instructions and can always contact your assigned Green Healthcare Patient Advocate for clarification or assistance.

7. Realistic Expectations

Dental implants have a high success rate (over 90–95%), but outcomes depend on:

- Bone density and volume
- Oral hygiene
- Systemic health conditions
- Following aftercare instructions

Cosmetic results vary. Final prosthetics may differ in shade, shape, or feel compared to your natural teeth. Adjustments are common and part of the process.

8. Healing & Follow-Up

Healing takes time. Swelling, bruising, and minor discomfort are expected for several days. Final restorations may not be placed until your jawbone fully integrates with the implants.

We recommend returning for follow-up visits with the same provider who placed your implants. If you live abroad, we'll assist with planning your return or recommend an approved follow-up provider in your home country.

9. Accommodations & Support

Green Healthcare Costa Rica provides:

- Usually Hotel and transportation packages for your convenience
- Patient Advocates to assist before, during, and after your trip
- Translation and documentation support
- Follow-up coordination and emergency contact options

Your safety and comfort are our top priorities

10. Acknowledgment & Consent

By signing below, you acknowledge:

- You understand the nature, risks, and benefits of dental implant surgery.
- You have had the opportunity to ask questions.
- You agree to proceed with the proposed treatment as outlined in your plan.

A healthcare platform facilitating the connection between patients, Third-Party Administrators (TPA's), and high-quality healthcare providers globally.

www.greenhealthcarecr.com

<https://www.youtube.com/@JohnnyKnowsCR/>

