

PRE-OPERATIVE INSTRUCTIONS

Now that you have decided to have surgery, take these steps to be sure you are prepared:

- Before surgery, if you are given a written prescription for pain/anxiety medication, **please fill the prescription and bring the medication with you on the day of surgery** . If you are not given a prescription for pain medication before your surgery date, you may receive a prescription the day of your procedure.
- If given a prescription to help with dental anxiety, please arrange for someone to drive you to and from your appointment for surgery
- Your surgeon may advise you to hold or reduce the dosage of certain medications prior to surgery. Follow your surgeon's instructions about such medications.
- It is important to avoid aspirin and all aspirin-containing medicines for 7 days prior to surgery, subject to your prescribing physician's approval. Also avoid herbal products such as St. John's Wort, Gingko, Fish Oil, Garlic, Turmeric, Krill Oil and Vitamin E. These products can act as blood thinners, which you should avoid.
- As a preventative measure, we will provide you with a small dose of antibiotics upon your arrival for surgery. Please eat a good meal prior to your arrival to avoid the nausea and discomfort that could come from taking antibiotics on an empty stomach.
- It is important to take any regular medications (high blood pressure, antibiotics, etc.) as directed, and pre-surgical medications we have prescribed, if any.
- We suggest wearing loose fitting, warm, comfortable clothing on the day of surgery. We will need to be able to roll shirt sleeves up past the elbow to obtain blood pressure.
- Remove and leave ALL jewelry at home.
- If you anticipate any incontinence concerns, please wear protective undergarments.
- Time needed to return to work will depend on your individual recovery.

Pre-medication Instructions

Antibiotics (amoxicillin, clindamycin, augmentin, etc) - Start taking 24 hours prior to surgery

Steroids (decadron, dexamethasone, etc) - If prescribed, start taking the morning of surgery

Pain Medications (Motrin, Tylenol 3, etc) - Start taking about 15 min prior to surgery

Oral Mouth Rinse (Chlorhexidine Gluconate "Peridex") - Use as rinse 24 hours prior to surgery. After Surgery use with gauze/cotton swab to apply to, and clean surgical sites

Immediate Post Op Period: (24 hours after surgery)

- Your lip, tongue and cheek may be numb for up to twenty-four (24) hours. Maintain pressure on the gauze, but be careful not to bite the numb areas.
- While you are still numb, avoid hot food and drink.
- It is common to have a nose-bleed during this period.
- You may also have oozing or intermittent bleeding from the surgery site.
- If you are taking prescription pain medication, for the next 24 hours: do not stay alone, drive, operate machinery, make critical decisions, or care for children.
- Prescribed pain medication can make you feel dizzy and impair your judgment.
- Apply ice to the treatment area, alternating 30 minutes on, and ten minutes off. Do this for the first 8 to 10 hours after surgery.

Initial Healing Phase: (3-5 days after surgery)

- It is common to have swelling, bruising and tenderness around the face.
- It is common to have a sore throat, cracking or soreness at the corners of your mouth.
- It is common to have bruising under your chin, down your neck and bruising under your eyes. Use a warm compress to help the bruising go away.
- Your level of pain and discomfort should decrease daily.
- It is common to have a nose bleed.
- Expect blood-tinged saliva (spit).

Sinus Precautions:

In some patients, implants are placed or teeth were extracted in or around the maxillary sinuses, which are near your upper jaw. Any increase in oral, nasal or sinus pressure may create an opening from your mouth into your sinuses or prevent an already existing opening into your sinus from being able to properly heal or close. To aid healing of your sinuses and implants, you must adhere to the following instructions for two (2) weeks after surgery:

No nose blowing

No closed- mouth sneezing

If you had surgery in your upper jaw, we recommend that you use an over-the-counter decongestant to help your sinuses remain open and clear during the healing process. Ask your Doctor if you had surgery near your sinuses and if you need the decongestant.

Medications (as directed): Within 24 hours, please resume your regularly prescribed medications. If you have been prescribed medication from the Center, please take it as directed.

NOTE: If you develop a **RASH, HIVES, or ITCHING** when taking antibiotics or pain medication, **STOP** taking them right away and call the office immediately. If you have **DIFFICULTY BREATHING** stop taking the medication and seek emergency care immediately by going to the hospital emergency room or dialing 911.

Nausea: Nausea is not uncommon when taking prescription pain medications. Nausea may be reduced by eating a small amount of food prior to taking your pain medication. If you were prescribed anti-nausea medication, you may take it as directed.

Mouth Rinses: Usually needed up to 10 days after surgery Proper mouth rinsing can speed healing and keep your mouth feeling fresh and clean. Perform both of the following mouth rinses: Prescription Mouth Rinse (Peridex or chlorhexidine gluconate 0.12%) - Gently rinse with Peridex mouth rinse as directed on the prescription. Not all patients will be prescribed this rinse by the oral surgeon.

Warm Salt Water Rinse - Starting the 2nd day after surgery, use warm salt water rinses after each meal. Dissolve 1 teaspoon of salt into 6-8 ounces (or 3/4 to 1 cup) of warm water. Swish and spit out, continuing until you have finished the entire glass. Use the warm salt water rinse after meals for 10 days after surgery, or as directed.

Brushing: Do not brush around the area that has undergone surgery for 24 hours. After that time, you can gently brush with a soft bristle toothbrush, staying away from your gum tissues.

Smoking and Alcohol: Avoid smoking and drinking alcoholic beverages for at least 14 days after surgery.

Activity: Limit your physical activities to a minimum for the first week after surgery. Exercise increases your blood pressure and may cause bleeding.

Diet: Initially after surgery, be sure to drink plenty of fluids and eat soft, nourishing foods. Protein shakes are encouraged. Avoid hot foods or hot drinks for the first day after surgery. Additionally, avoid foods that are spicy, acidic or have sharp edges. It is important not to skip meals. If you eat regularly, you will feel better, gain strength, have less discomfort and heal faster.

First Post-Op Check: We will see you back in the office as scheduled, usually in 14-21 days. This is a very important appointment. At this appointment, we will examine the health of implant

sites and remove sutures if non-resorbable sutures were placed on the day of surgery. At this appointment we will also go over and schedule the next steps for comprehensive treatment.

Congratulations on taking your next step towards new teeth! Get plenty of rest and take care of yourself over the next few weeks. Do not hesitate to call us if you need us. If you call the office and are not able to get through, please leave a detailed message and our team will get back to you as soon as possible.