

## IMPLANT PRE- & POST-SURGICAL INSTRUCTIONS

In order to obtain the desired result from therapy and minimize swelling and discomfort, please follow these instructions.

### PRE-SURGERY

- DO NOT take aspirin or anti-inflammatory medications for 2 weeks prior to surgery unless required for medical reasons – these medications prolong bleeding and potentiate swelling.
- If you are having IV SEDATION or ORAL PREMEDIATION you are required to have a driver to bring you to the office and take you home. Make all movements slow and deliberate, and with someone's assistance until the medication is completely worn off.
  - ORAL premedication: no food or liquids for 4 hours prior to appointment
  - IV sedation: no food or liquids for 8 hours prior to appointment, no nail polish, please wear short sleeves
- DO NOT wear contact lenses or heavy makeup to your surgical appointment and wear loose, comfortable clothing
- **BRING ALL MEDICATION (pills) PRESCRIBED BY OUR OFFICE TO SURGERY**

### POST-SURGERY

- Take all prescribed medication as directed. Pain medication and steroids should be taken with food to minimize nausea. Do not drive or operate dangerous machinery while under the influence of pain medication. To prevent constipation, you may use an over-the-counter stool softener (Colace) or fiber supplement. Probiotics are recommended to maintain healthy digestion while on antibiotics (you may ask a pharmacist for recommendations).
- Keep your head and shoulders elevated for 24-48 hours after surgery. Do not bend over. Avoid exercise and strenuous activities for the first 5-7 days following surgery.
- Keep the outside of the face over the affected area cool/cold using ice packs at 10-minute on/off intervals for the balance of the day.
- If a sinus lift procedure was performed, avoid blowing your nose for 2 weeks and use an over-the-counter decongestant (Sudafed) for one week following surgery.
- Have a COLD liquid diet for the balance of the day (i.e.- milk shakes, ice cream, yogurt, frozen yogurt, instant breakfast or meal-replacement beverage).
- A semi-liquid diet is recommended for 1-2 weeks after surgery (mashed potatoes, pureed soups, scrambled eggs, Jell-O, etc.). Avoid seeds, nuts and popcorn for 4-6 weeks or longer pending your doctor's recommendation. Do not eat on the treated site/area until cleared by the doctor.
- Maintain your prescribed plaque control procedures on those teeth where surgery was not performed. Do not brush or floss anywhere near the surgical area. Do not attempt to look at or touch anywhere near the surgical site – any adverse manipulation could cause an undesirable healing and/or result.
- Avoid alcoholic beverages for the next 4-7 days. Avoid smoking for the next 2 weeks.

Slight bleeding is to be expected for the first few hours. Swelling, if it occurs, will normally reach its peak by the 3<sup>rd</sup> to 5<sup>th</sup> day post-operatively and then recede. External heat may be applied to the area starting the third day post-surgery, if desired.

Removable partial or full dentures may or may not be worn over the surgical area, pending the design and doctor's recommendation, for a period of 1-2 weeks. Discuss this with your doctor.

If any problem or questions should arise, don't hesitate to call the office at 303-696-7885.