

## DENTAL IMPLANTS AND PERIODONTAL HEALTH OF ROCHESTER

### **Pre- operative Instructions for Periodontal and Implant Surgical Procedures**

#### **One week prior to procedure: (If applicable)**

- Discontinue NSAIDS, vitamin E and Ginkgo Biloba as directed.
- If you take anticoagulants or blood thinners" such as Coumadin, Plavix, Xarelto, Pradaxa or Aspirin you may be asked to stop these temporarily.
- Have prescriptions filled.
- Prepare soft foods.
- Begin taking vitamin C 500mg daily and continue for one week after surgery.
- Begin drinking plenty of water (at least six 8oz. glasses/day) and continue for one week after surgery.

Other \_\_\_\_\_

#### **Day before the procedure:**

- Do not drink alcohol.
- Begin rinsing with chlorhexidine mouth rinse (Peridex) as directed.
- Start taking Arnica Montana 30 (if recommended)- available over the counter.
- If a sedative is prescribed, take as directed and you must not drive. Your sedative is \_\_\_\_\_

Other \_\_\_\_\_

#### **Day of the procedure:**

- .Eat an adequate breakfast and/or lunch. If you are having sedation you must not eat for 8 hours prior to procedure.
- Wear comfortable clothes.
- Take antibiotic dose as directed. \_\_\_\_\_
- Take analgesic (pain medication that you prescribed for the procedure) one hour prior to procedure.  
Do not take any other narcotic medications that you may have at home.
- Rinse with chlorhexidine mouth rinse (Peridex) prior to procedure.
- Begin prednisone or Medrol Dose pack (steroid) if prescribed.
- Take sedative if prescribed, you can **NOT** drive for 24 hours after surgery.  
You will need to be escorted to and from the procedure.
- Bring your retainer or appliance to your appointment
- Other \_\_\_\_\_

The emergency number during normal business hours, M-F, 8:00am- 5:00pm, is 585-685-2005.

Please ask to speak with your Dr's. Treatment Coordinator: \_\_\_\_\_

After the procedure, the **after hours** emergency number: Dr.Zahavi: 585-520-9636

Your prescriptions have been sent to your pharmacy. Please contact your pharmacy to make sure your scripts are available PRIOR to picking them up.

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## Postoperative Instructions

**Swelling:** is a normal postoperative occurrence that can be minimized by applying an ice pack on side of face adjacent to surgical area, 20 minutes on, then 20 minutes off for the remainder of the day and up to 48hrs. Peak swelling occurs at approximately 48-72 hours postoperatively. The first night, sleep on your back to avoid any pressure on the surgical site and keep head elevated with extra pillows to reduce swelling.

**Bleeding:** Minor bleeding is normal in first 24 hours. Do not use a straw or rinse vigorously for 24 hours, as this may increase bleeding. If bleeding does not subside, apply direct pressure to surgical area holding a moist tea bag for 15 minutes on the site, remain seated and relax, bleeding will typically stop. If bleeding does not stop please call your surgeon.

**Infection:** If swelling continues past 72 hours or a foul taste in your mouth and you feel that you may have an infection, please call your surgeon ASAP.

**Sinus Augmentation, Osteotome or Upper Molar Extractions:** Do NOT blow your nose or sneeze for two weeks after your surgery. You may blot your nose with tissue if needed. If you have to sneeze and cannot suppress it, do so with your mouth open to avoid pressure in the sinus.

**Implant Surgery:** Your implant has a small metal cap that can become loose at any time after surgery. It typically occurs due to chewing on the implant, which is NOT allowed as it may lead to loss of the implant (**this is a No-Chew Zone**). If it becomes loose please call the office for an appointment, as this covering is essential to the healing of the surrounding tissues.

**Implant Temporary:** If you have a removable or fixed temporary you should still NOT chew in that area until instructed to do so. Please chew on the opposite side and avoid any pressure on the implant site. The temporary is only for esthetics and is not for chewing.

**Bruising:** This is a normal postoperative occurrence. Taking Arnica Montana 30 as directed on the container may help decrease the extent of the bruising. Continue taking Arnica Montana 30 for 3 days after surgery.

**Smoking: NO smoking after the procedure;** It is the leading cause of implant and graft failure. If you smoke, you assume the risk of a negative surgical outcome.

**Food/Drink:** Do not eat/drink anything hot after surgery until your anesthetic wears off. Keep diet soft and chew on opposite side of surgery until you are told you can chew on the surgical side again. Some soft foods are eggs, yogurt, soft cooked vegetables, pasta, soups... Avoid all foods that contain seeds, nuts, or popcorn during healing.

**Exercise:** No aerobic exercise, strenuous work, lifting, or bending for 48 hours after surgery. Exercise raises blood pressure which increases swelling, bleeding and bruising.

**Sensitivity/pain:** take pain medication as advised. Some tooth sensitivity in the surgical site may occur and will improve with time. Check with surgeon if sensitivity persists. A desensitizing medication may be needed.

**Hygiene:** Do not use an electric or manual toothbrush in-the surgical area. Gently rinse the surgical area with the prescription rinse as directed. You will be instructed how to clean at your postop visit. Clean all other areas of the mouth normally, as a clean mouth heals faster.

**Soft Tissue Grafts:** It is recommended that you eat a soft diet (as above) and keep your clear stent in as much as possible (if indicated) and do not chew in the surgical area. Follow postop instructions and do not place your tongue near or on the surgical site or sutures. This can cause the sutures or the graft to become dislodged and negatively impact the success of the procedure.