

INSTRUCTIONS FOR IMPLANT SURGERY

PRE-OPERATIVE:

- Avoid alcohol and minimize smoking.
- **Avoid aspirin seven days prior to and after surgery.**
- **Avoid blood thinning agents such as warfarin, coumadin, or plavix three days prior to surgery with your physician's permission and resume per instructions of your physician.**
- If you are taking other medications, take them as usual unless otherwise directed.

DAY OF SURGERY:

- Eat a light breakfast or lunch avoiding excessive liquids and caffeine.
- Wear short sleeves so we can monitor your blood pressure.
- **You *must* have a ride to and from the office.**
- **Bring your medicines that Dr. Friedman/Dr. Herron has prescribed to your appointment.**

SURGICAL PROCEDURE:

- The implants are placed in the jawbone and sutured.
- Because surgeries can take less or more time than scheduled, please be flexible with your schedule and allow for changes that day.
- If you are running on a tight schedule we do suggest you call 30 minutes before arriving to make sure we are running on time.

POST-OPERATIVE:

- It is very important the gums heal properly. For the first two weeks **do not** chew food that will disturb the gum.
- If you have dentures **do not** wear them over the implant area for two weeks while eating.
- If you wear a nightguard bring it with you to your first post-op appointment
- Rest for the remainder of the day.
- Place an ice pack on the outside of your face using 15 minute intervals as a guideline and keep your head elevated for up to 72 hours.
- Eat soft foods containing protein during the first two weeks. You may eat normally on natural teeth in the area of your mouth that is not affected.
- Avoid smoking.
- **SINUS ELEVATION PATIENTS: do not blow your nose for two weeks. If you need to sneeze, do not hold back.**

MEDICATION:

- **Continue to take your antibiotic as prescribed until gone.**
- If taking Ibuprofen take 600mg every 4 to 6 hours
- Do not take the prescribed pain reliever while driving or working. Take with food.
- Use your Peridex rinse beginning 48 hours after surgery. It may taste metallic and stain your teeth temporarily. Swish gently.
- If you have any reaction to the medication, discontinue use and call immediately.

BLEEDING:

- Expect some swelling and discomfort.
- Slight bleeding is expected.
- If you notice excessive bleeding, place a moist gauze or moist black teabag with pressure for a minimum of five minutes, and keep your head elevated.
- **Do not rinse your mouth, spit or use a straw on the day of surgery.**

ORAL HYGIENE:

- *Do not attempt to floss the implant area for two weeks.*

***** ALCOHOL AND SMOKING WILL IMPAIR HEALING *****

SOFT FOOD RECOMMENDATIONS

Instant breakfast or energy drink	Soup	Pasta
Mashed or baked potatoes	Cottage Cheese	Yogurt
Scrabbled eggs	Ice cream	Jello or pudding

After the first couple days you may gradually get back to your normal diet staying away from tough or crunchy foods. If anything hurts backoff.