

**ORAL &
MAXILLOFACIAL
SURGERY**
ORAL IMPLANTOLOGY

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**Pre-Operative Instructions for Implant Placement and
Bone Grafting:**

- ◆ Please wear loose fitting, short sleeve, comfortable clothing
- ◆ Please remove contact lenses, all jewelry, and watches before surgery
- ◆ Please do not apply make-up, perfume, or cologne on day of surgery
- ◆ Please remove fingernail polish on both index fingers
- ◆ Beards and mustaches must be cropped as close to the skin as possible
- ◆ Take antibiotics exactly as prescribed prior to appointment with no more than half a glass of water
- ◆ Patients with removable appliances: do not use denture adhesive the day of surgery and bring stayplate or denture with you to surgery
- ◆ Use Peridex mouth rinse twice daily (including morning of surgery): begin 3 days prior to surgery and continue as directed by doctor
- ◆ Alcoholic beverages should be avoided 24 hours before and 14 days after surgery
- ◆ Smoking must be avoided 48 hours before and 4 weeks after surgery
- ◆ Please inform your doctor of any changes in your medical status; including pregnancy, new medications and newly diagnosed medical problems

Patient Having IV Sedation:

- ◆ **DO NOT EAT OR DRINK ANYTHING 8 HOURS PRIOR TO SURGERY:** including water and coffee. If you need to take medication please take them with half a glass of water. We reserve the right to cancel or postpone surgery if instructions are not followed.
- ◆ Please arrange for a responsible adult to take you to and from the office on the day of surgery and take care of you for the better part of the day. Patient will not be able to drive home after surgery and operate machinery. PLEASE INFORM YOUR DRIVER THAT HE/SHE WILL NEED TO STAY IN THE RECEPTION ROOM DURING SURGERY. We suggest the driver bring some reading material.
- ◆ Uber, Lyft and Cabs are NOT PERMITTED: for the safety and protection of all of our patients, we will not release you to a cab or Uber/Lyft driver after surgery, unless you have a friend or family member to accompany you.
- ◆ Please buy suggested foods to have on hand after your surgery. Please refer to recommendations on food list.

**PLEASE BE PROMPT TO YOUR APPOINTMENT
THIS TIME HAS BEEN RESERVED FOR YOU.**

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Post Operative Instructions:

- ◆ Eat a liquid diet the first 6 hours following surgery unless otherwise directed
- ◆ Avoid strenuous work or exercise for one week after surgery: heavy lifting, jogging, tennis, aerobics, sit-ups
- ◆ Apply ice to the face to reduce swelling the day of surgery
- ◆ Apply gauze directly over surgical area and bite gently to stop bleeding if directed
- ◆ Take prescribed medications as directed and finish all antibiotics
- ◆ Drink plenty of fluids and get plenty of rest during the first 48 hours
- ◆ Elevate the head with 2-3 pillows the first 24 hours including at night
- ◆ Maintain excellent nutrition during the healing period
- ◆ By the 7th day begin gentle brushing of implants. Sutures come out with gentle brushing and a small amount of bleeding is normal.

Things to Avoid after Surgery:

- ◆ Do not smoke after surgery: smoking hinders the healing process and can cause complications leading to the failure of implants and bone grafts
- ◆ No consumptions of alcoholic beverages for 2 weeks after surgery
- ◆ Avoid chewing hard foods for 6 months after surgery

Normal Healing Process:

- ◆ Swelling around the mouth and face is normal and may peak around the third day
- ◆ Bruising around the face can occur and will fade within a week
- ◆ Nose bleeds in upper jaw implant placement can occur in some patients

Abnormal Healing:

- ◆ Excessive bleeding
- ◆ Fever greater than 101^oF
- ◆ Any reactions to prescribed medications
- ◆ Persistent and/or severe pain
- ◆ Any questions or concerns during the healing process, please call our office