



Khurram A. Khan, BDS, DMD | (513) 232-8989

## Pre-Op Instructions for Dental Implants

- **Do not eat or drink** anything eight (8) hours prior to your appointment time. This includes water, coffee, tea, gum, mints, etc. You may brush your teeth the morning of surgery; **DO NOT** swallow any water or toothpaste. If you were given a prescription for a “Pre-Medication”, take with minimal water.
- You will need a responsible adult (18 years or older) to bring you to your appointment, wait in the office for the full duration of your surgery, and then take you home. We suggest that someone stays with you for the remainder of the day. If you (the patient) are under 18 years of age, a parent or legal guardian must accompany you.
- Please wear loose, comfortable clothing, and **you must wear a short sleeve shirt**. A sweatshirt, sweater, jacket, etc. may be worn over the short sleeve shirt to your appointment, but will need to be removed before the surgery can begin. You must wear secure close toed shoes, no flip-flops or sandals. We ask that you wear **minimal or no makeup**, especially **no eye makeup** or fake lashes. **No fingernail polish or acrylic nails**, and **minimal or no jewelry**. Remove contacts lenses prior to appointment.
- We ask that your belongings be left with your escort, including sweatshirt, jacket, purse, wallet, and cell phone. Cell phone use is prohibited while in surgery room.
- **SMOKERS**: Research has shown that smokers have a higher risk of complications with surgery. Advanced research has also shown that stopping smoking 24 hours prior to your surgery can significantly reduce these complications. **Please limit, or do not smoke** the day before or the morning/day of your surgery.
- Stock up on **non-carbonated beverages** and **cold, soft foods**, such as applesauce, ice cream, yogurt, and popsicles. Think of the consistency of baby food. Nothing acidic like tomato or pineapple products.
- You will want to purchase and/or prepare ice packs prior to your procedure. You will be applying ice to the surgery area(s) for the first 48 hours following treatment. Keeping ice on the area(s) will reduce the amount of swelling you’ll have, which will reduce the amount of pain you’ll experience. Two or four ice packs may be suggested, based upon your planned procedure.
- **If you are taking any medications** prescribed by a doctor or taken over the counter (this includes vitamins and supplements), please inform the assistant and/or Dr. Khan of all medications that you take, when your medical history is reviewed. This information is very important.

# Post-Op Instructions for Dental Implants

- After dental implant surgery, do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery.
- Good oral hygiene is essential to good healing. Beginning the third day following surgery the Peridex mouth rinse that was prescribed should be used twice daily as instructed for two weeks following surgery. Warm salt water rinses (1/4<sup>th</sup> teaspoon in a cup of warm water) should be used at least 4-5 times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle initially while brushing the surgical areas.
- Some bleeding or redness in the saliva is normal for 24 hours. Bleeding can be controlled by biting on gauze placed directly on the site of implant and should be changed every 30 minutes as long as it continues to bleed. If bleeding becomes excessive call the office.
- Swelling is a normal occurrence after surgery. To minimize swelling apply ice packs or jaw bra on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 72 hours.
- Drink plenty of fluids. Avoid hot liquids or food. Soft food should be eaten until you return for your post-operative exam.
- You may be prescribed Tylenol 1,000mg to take every 6 hours and Ibuprofen 600mg to take every 6 hours. Alternate these medications every 3 hours. If additional pain medications are prescribed please follow the directions on prescription. If you should have any questions please contact our office prior to taking. If antibiotics are prescribed please take the entire course as directed until they are gone.