



BYDESIGN DENTISTRY

INSTRUCTIONS FOR SURGICAL PATIENTS PREPARING FOR IMPLANT AND TISSUE GRAFTING TREATMENT

1. Follow your regular diet until the day of surgery.
2. Wear loose, comfortable clothing to the office.
3. Wear no makeup on the day of surgery.
4. Before leaving for the office, brush and floss your teeth.
5. Plan no activity for the day of surgery, and limited activity 3-4 days following surgery.
6. Have ice packs available to reduce swelling. Ice packs can be in place for 10 minutes on and 10 minutes off for the remainder of the day. Sleep with an extra pillow and slightly elevate the head to help minimize swelling.
7. Drink no alcoholic beverages 24 hours prior to surgery, for 24 hours after surgery or until your full cycle of antibiotics have been taken.
8. Eat or drink only cold or room temperature foods for 24 hours after surgery.
9. Return to your regular diet as soon as you feel comfortable doing so; however, **avoid coarse foods: especially seeds, nuts, chips, popcorn etc. Soft food is preferred for 3 to 4 days after surgery.**
10. Contact lenses are better to be removed prior to surgery.
11. Patients should be clean shaven for surgery. Those with beards or mustaches should be trimmed away from the lips.
12. If you are diabetic, taking anticoagulants (blood thinners), or have a heart murmur, please advise the doctor immediately. Please disclose to us all medications you are taking.

IMMEDIATE POST-SURGICAL CARE

1. **IMPLANT PATIENTS:** For those patients who have received dental implants or bone reconstruction, the doctor may advise you not to wear your present denture/temporary tooth replacement for 4 – 21 days. It is important that you not attempt to place the denture until your first postoperative visit or upon the advice of the doctor.
2. **SMOKING:** Smoking plays a significant role in the progression of bone degeneration, associated bone loss and delayed wound healing. Patients who smoke following surgery will often experience delayed healing and greater discomfort. In addition, continuation of smoking following surgery may compromise the final result. Dr. AminZadeh therefore, strongly advises our patients to refrain from smoking.
3. **MEDICATIONS:** It is important that you follow the instructions written on your prescriptions. If unfavorable reactions occur (nausea, vomiting, headache, rash, etc.) discontinue medication and call our office.
- * If you have been given a prescription for Peridex mouth rinse, you may find increased staining will occur during its use. These stains can be polished off easily by a hygienist or dentist.
4. **ACTIVITY:** After leaving the office, relax for the rest of the day and avoid strenuous activity for 3-4 days.

5. **DISCOMFORT:** Some discomfort is expected when the anesthetic wears off. If post operative pain medication has been prescribed, take the first pill while the anesthetic is still active so that you will have pain control when the anesthetic wears off.
6. **SWELLING:** Swelling may be present the day after surgery is completed. Generally swelling will persist for 72 to 96 hours and then diminish. Swelling can be minimized by placing an ice pack on the face over the surgical area immediately after surgery, and continue for several hours. The ice pack should be alternated on and off at 10 minute intervals. Also, certain medications prescribed to you can aid in reducing swelling in the surgical area.
7. **BLEEDING:** There should be minimal bleeding after the surgery is completed. There may be a slight pinkish discoloration to your saliva for several hours, but excessive bleeding is not expected. Should bleeding occur, place a moistened tea bag (not herbal tea) or gauze over the area and gently apply pressure. It may take several (15 ~ 20) minutes before bleeding stops. If there is no change in the amount of bleeding, call the doctor immediately.
8. **CLEANING THE MOUTH:** For the remainder of the day of surgery minimal salt water rinses may be used. Brush the top of your tongue that day, but do not attempt to brush any of the teeth involved in the surgery. Do not attempt to brush near the gum tissue or use dental floss in the area of the surgery until approved by the doctor (most likely after your first post-operative visit). If you have been given a prescription for a mouth rinse, remember to use it twice daily. You will be given additional instructions at your postoperative visits.
9. **EATING AND DRINKING:** It is necessary to maintain a relatively normal diet throughout the course of healing. For the first few days, soft foods such as potatoes, cottage cheese, yogurt, eggs and soft meats and fish can be eaten, but chewing should be done on the side opposite the surgical site. It may be necessary to stick to liquids for the first few days if chewing is uncomfortable. An increased liquid intake is recommended.
10. **PREPARATION OF NUTRITIOUS FOODS:**
 1. Eggs (in all forms).
 2. Soups, bouillon, and chowder.
 3. Soft meats, such as meat loaf, canned tuna, salmon, potted meat, finely ground boiled chicken.
 4. Soft pureed vegetables (potatoes, peas, beans, carrots, asparagus, etc.).
 5. Fortified low fat milk, buttermilk, cottage cheese, and yogurt. Protein shakes.

In case of an emergency contact the office at: 604 558 3369