

## Pre operative instructions



**“WE HIGHLY  
RECOMMEND  
THAT YOU  
STOP SMOKING  
BEFORE  
SURGERY.”**

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## Smoking

It is important that you try to stop smoking at least four weeks prior to surgery and for the first four weeks following the procedure, as research indicates a lower dental implant success rate in smokers. **WE HIGHLY RECOMMEND THAT YOU STOP SMOKING BEFORE SURGERY.**

## The night before your implant surgery:

Ensure you get a good night's sleep prior to surgery. Have a light, nutritious evening meal and use the prescribed Oral Rinse as directed last thing before going to bed. Ensure that you have taken all of the medications that your doctor has prescribed for you for the night before surgery.

In the morning prior to your surgery, you must bring all of your prescribed medication to the office. You will most likely be prescribed the following:

- Anti-inflammatory or steroid medications to help with swelling
- Antibiotics to prevent infections
- Antiseptic mouthwash Peridex Oral Rinse
- Pain killers

## The day of your procedure:

On the morning of your surgery, please bring all your prescribed medication to your appointment.

If you have opted for intravenous sedation please note that the following additional guidelines apply:

- NOTHING TO EAT OR DRINK after midnight before the morning of surgery unless you are taking routine medication such as hypertensive or cardiac medication. If surgery is to be carried out in the afternoon, you may have a light breakfast – e.g. 6oz of juice and a slice of toast.
- If you wear contact lenses, please leave them out on the morning of surgery
- Someone MUST drive you to and from the office and stay on the premises for the duration of your procedure. The doctor will not commence treatment unless your designated driver is present.
- If you have been prescribed a pre-med, it must be taken as directed an hour prior to your appointment.
- Wear short-sleeved, comfortable clothing