

## Instructions PRIOR TO Implant Placement

These guidelines will help you prepare for and recover from implant surgery. While there is no guarantee that any surgery will be totally successful, our entire staff is committed to making your treatment as painless and effective as possible. Following these instructions will give you the best chance to have the best result.

Preparing for implant surgery:

1. Start any prescribed antibiotics the day before surgery. Refrain from **alcohol** during the antibiotic series.
2. Start Peridex mouth rinse the day before surgery and continue for 2 weeks after surgery.
3. The office tends to be cool. Please wear loose, comfortable clothing for your appointment.
4. Do not wear lipstick.
5. Do not plan on any physical activity the day of surgery or the day after surgery. Prepare to take off work if you feel it is necessary.
6. **NO SMOKING** for at least 12 hours before surgery and at least 48 hours after surgery.
7. While swelling is not always anticipated, it is nice to have ice packs available at home just in case.
8. For 48 hours after surgery, no drinking through a straw or spitting. Limit your time talking, as well.
9. For 48 hours after surgery, it is advised to be on a restricted diet. Ice creams, yogurt, Jell-O, and applesauce are appropriate. Supplement shakes such as Ensure, Boost, and Slim Fast are also good
10. Plan to sleep with your head elevated for the first night following surgery.

If you have any further questions, concerns, or an emergency, please call our office:

**(724)-564-9010**

Thank you!