



smilemakers

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Pre-Implant Instructions

We find that most patients are somewhat apprehensive concerning their upcoming appointment, which is completely normal. The good news is that nearly everyone finds the experience much easier than they had imagined.

We want you to know that our entire team is committed to making your experience as easy and pleasant as possible.

Some prior planning and preparation by you will help ensure that your treatment proceeds smoothly and that your recovery is as pleasant as possible. Please review the instructions below carefully. If you have any questions or concerns, do not hesitate to contact us prior to your appointment.

- You must arrange for a responsible adult to drive you to and from the surgery. If the driver does not wish to remain at the office during the appointment, they may leave a phone number where our office may contact them prior to the end of the appointment. Written post-operative instructions will be given to your carer and discussed with them at the end of your appointment.
- As you must not be left unattended for four (4) hours post-surgery, it is essential that you organise for a family member or friend to be with you constantly during this time.
- Please wear loose fitting, comfortable clothing on the day of your procedure. Layers are a good idea as you may feel cold. A device will be placed on your finger to monitor your breathing and pulse.
- Try not to plan business or social activities the evening prior to, the day of surgery and evening of the surgery. Only a light schedule is recommended for the day following your surgery as you will need time to recover. You must rest and take it very easy.
- You will need to eat soft foods for several days post-surgery. Examples of these include protein drinks, jelly, mashed potatoes, scrambled eggs, etc. To make things easier for you during your recovery, it is a good idea to have these items in your home so they are on hand when you need them.
- Eat a normal breakfast or lunch, depending upon your appointment time.
- Please take pre-implant medications (i.e. antibiotics) as prescribed by us, and have your painkiller prescription filled prior to the procedure so they are on hand when you return home.

- Medications prescribed by your GP (i.e. for high blood pressure, etc.) should be taken at their regular time and dosage unless otherwise instructed. **Please advise us of any medications you are taking prior to your procedure.**
- Please avoid alcoholic beverages 12 hours prior to, and on the day of the procedure.
- Contact lenses should not be worn during your surgery to prevent your eyes from drying out.
- Please refrain from wearing heavy facial make-up.
- Two post-operative appointments are required for us to evaluate and monitor healing, and to manage your post-operative care. The first appointment will be at 1 week post-operatively to check healing and the second will be 1 week after the first to remove sutures. These appointments will have already been made for you and the appointment cards are with these instructions.
- Please feel free to bring your iPod and headphones if you would like to listen to music during the procedure.

If You Are To Be Sedated With An Oral Sedative

If you are taking an oral sedative, you will need to arrive 40 minutes prior to your appointment so that we can give you the sedative, and allow it time to work.

Please do not hesitate to contact us if you have any questions.

List of Required Medications

- Vitamin C tablets
- Nurofen tablets
- Antibiotics
- Dexamethasone
- Chlorhexidine mouthwash (**provided by us**)

Important note:-

Please do not take any aspirin as a painkiller, as this stops the blood clotting after surgery!

Timetable for Medications

Five (5) days prior to surgery:-

- 1500mg of Vitamin C per day. This will also continue after your procedure until your sutures are removed.

Day Before Surgery

- Nurofen – please take two (2) Nurofen tablets with meals starting at breakfast the day before surgery and continuing until two (2) days after surgery.
- Amoxil – on the day before surgery please take two (2) x 500mg capsules with breakfast, then one (1) capsule at lunchtime, and another one (1) at dinner. This is followed by one (1) capsule three (3) times daily to finish the course – which is twenty (20) capsules.
- **IF ALLERGIC TO AMOXIL – Clindamycin 150mg will replace Amoxil.** 2 capsules every 8 hours starting 24 hours prior to implant placement.

Day of Surgery

- Dexamethasone – 3 tablets are to be taken with breakfast.
- Panadol – is only required if pain is still being felt despite the above medications.