INSTRUCTIONS TO PATIENT PRIOR TO IMPLANT SURGERY

Smoking - Smoking compromises healing and implant success. It is strongly advised that you refrain from smoking two weeks prior to implant placement.

Blood Thinners - if you are on blood thinners (e.g. Warfarin, aspirin) or in the habit of taking Vitamin E on a daily basis, please note that these may cause excessive bleeding. Please consult with your General Medical Practitioner before changing any of your medications. These medications may be interrupted and resumed the day following surgery according to your GP.

The Night Before Your Appointment - if a sedative has been prescribed (e.g. Valium) take it at bedtime. This will help assure that you have a restful sleep. The sedative should be taken again the next day, one hour prior to your dental procedure.

The Day of Your Appointment - If appropriate take the prescribed pain medications (e.g. Ibuprofen) and the antibiotics one hour before your visit. If a sedative has been prescribed (e.g. Valium) take this with the other medications. Make sure you have a responsible adult with you, which will drive you home, if you take a sedative. Please bring the 3rd sedative with you to your surgical appointment if it has been prescribed.

Clothing and Makeup - Comfortable loose-fitting clothing is desirable. We suggest a short-sleeved shirt (please, no turtlenecks) and trousers be worn, as well as comfortable shoes. No facial makeup. We recommend that men shave the day of the appointment. (Men with full beards and mustache need not shave.)

Arriving - If you are to be pre-medicated or sedated at the time of surgery, have a responsible adult drive you to and from the surgery.

Getting Home - If not sedated, you will be able to drive home. However, we recommend that arrangements be made with a reliable person to drive you home, especially if a sedative has been prescribed.