



## **PRE-OPERATIVE INSTRUCTIONS following Implant and Bone Grafting Surgery**

**by Mr Christian Gollings**

- ❑ Do have something light and sweet to eat and drink before your appointment.
- ❑ Do not have anything important or stressful to do for 24 hours afterwards like doing sports, attending interviews, giving lectures, or going on holiday.
- ❑ Should you develop a cold prior to your appointment please contact your dentist for advise.
- ❑ Please do not wear heavy jewellery, make-up or nail varnish.
- ❑ Wear comfortable, loose clothing.
- ❑ It is advisable to use the bathroom before the start of the procedure.
- ❑ We like to operate in a sterile environment so please do not be alarmed that we will wash your face and cover you with sterile sheets. You will need to remain fairly still throughout your operation as is normal during dental treatment.
- ❑ Some water will be felt at the back of your throat but we will constantly suction this away. The water has a 'salty' taste as it is saline sterile water.
- ❑ Dentures may not be worn until adjustments have been made. Insertion of dentures too early may delay or effect healing. You will be advised regarding this.
- ❑ You may be advised to take pre-operative medication including anti-inflammatory (Nurofen) and antibiotics (Amoxicillin). Please let us know if you have any drug allergies.
- ❑ If you take any 'blood-thinning' medication such as warfarin, then the dentist will advise you about either stopping this medication prior to the appointment, staying on the medication, or getting a further clotting test ahead of the day.
- ❑ Please do not worry about the procedure. Whilst the implant placement is often longer than other surgical procedures, it is much the same as having a tooth removed.

- Please give plenty of notice if you are unable to attend the session as they are usually long appointments.