



## Pre-surgical Instructions for Dental Implant

1. Please inform Dr. Liang or any office staff if you are currently taking any medications or have a history of medical problems. If you are currently taking any medications to control blood pressure or cardiac problems, please take them as scheduled. If you are a diabetic, please contact your physician for insulin control before your surgery.
2. You may eat a regular diet prior to your surgery.
3. You may drive yourself; however, some cases do indicate the support of a driver. Please ask Dr. Liang for further instruction prior to surgery.
4. Have your prescriptions filled ahead of time (if applicable). It is important that you start your post-operative care immediately following your surgery.
5. If you wear dentures or retainer, please bring them with you on the day of the surgery.

## Post Operative Care Instructions for Dental Implant

1. Medication: Pain medication should be taken before numbness from the local anesthesia wears off. **DO NOT** drive or operate machinery while taking pain medication. Take antibiotic medication as prescribed until completed.
2. Swelling: For the first 6-8 hours after surgery, apply cold packs to the affected area of your face for 20 minutes on/ 20 minutes off. The day after surgery, place hot packs to the affected area of your face for 20 minutes on/20 minutes off. The day after surgery, you may rinse gently with Perioguard or diluted warm salt water- 1 tablespoon per quart of water. This will help with any soreness or swelling that may occur. The third day is the peak for swelling after most surgeries. Swelling can last for a period of 5-10 days.
3. Bleeding: Do not rinse or spit for the first 24 hours after surgery. It is normal to have slight bleeding for 2-3 days. Your blood and saliva mixture will have a pink tint. This is considered normal. If profuse bleeding occurs, apply light



- pressure to the area with clean gauze or moist tea bag over the surgical site.
4. DON'Ts: No smoking, carbonated drinks, alcohol, sipping through a straw, spitting, stooping or lifting for 24-48 hours after surgery. Any of these actions can cause bleeding and delay in healing which could affect the outcome of your treatment.
  5. Hygiene: Brush all teeth EXCEPT those adjacent to the surgical site, (unless specified by Dr. Liang.) Do not stretch or pull lip away from surgical site. Do not disturb stitches in any way for up to one week. Rinse with Perioguard.
  6. Diet: In most cases, you should be able to return to normal diet the very next day. In some cases, Dr. Liang will place you on a liquid diet for a longer period of time. Please make sure you have enough nutritional intake to ensure adequate nourishment.
  7. Return appointments: We would like to see you two (2) weeks after surgery. If you do not have an appointment yet, please contact us to schedule one.