

PRACTICE LIMITED TO PERIODONTICS
IMPLANT SURGERY

Active Member
American Academy of Periodontology

STUART B. PECHTER, D.M.D.

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Pre-surgical instructions for Implants, Sinus lifts, and Block Grafts

Your appointment is scheduled for 9:00 AM. Please try to be prompt, and plan on spending your entire morning with us. You are scheduled to be here until 12:00 PM., but treatment may take longer.

You will be given 440 mg (2 pills) of Aleve (naproxen), as well as an antibiotic at the beginning of the appointment. We will give you more Aleve to take home, and prescribe a narcotic pain medication as well as additional antibiotic for you to take during the week following your surgery.

It is good to have a nice breakfast but limit your liquids and avoid coffee or tea, because these will increase your need to use the restroom. You will be in a sterile environment and unable to get up to go to the bathroom during this time, except for emergencies.

If you require oral sedation, you will need to arrange with someone to drive you to and from the office. Written and verbal instructions for post-operative care will be given to both you and your driver, but you can always call the office if you have questions later. With sedation, you probably will not remember all of the verbal instructions given at the office.

Plan on spending the remainder of the day resting quietly. Avoid heavy activities for at least 24 hours after the procedure.

You will need to prepare to eat a soft diet for the next one to two weeks. For the **first 24 hours**, avoid rinsing, spitting, and drinking through a straw; no hot foods or hot liquids; NO SMOKING.

We will send you home with post-operative care instructions, including after hours contact information for Dr. Pechter. We will be seeing you back at the office in one week to check or remove your sutures.

Some of our radiographic (x-ray) procedures require the removal of any jewelry in the head and neck area; therefore you may consider leaving your jewelry at home.

If you have additional questions please call the office, and we will be happy to assist you in any way possible.