



IMPLANT  
TEAM  
ACADEMY

Your Dentist/Surgeon:

ITA FORM 3.1

## Instructions Prior To Implant Surgery & Grafting

### X-RAYS

1. Radiographic Stent: If a radiographic stent had been made for you and you have been referred for an X-ray, please ensure that you bring it with you and wear it during any X-ray examination.
2. Computer-assisted Guided Surgery (Nobel Guide): A denture with radiographic markers will have been fabricated for you, together with a bite index. Please ensure that you bring it with you and wear it during the X-ray examination.

### YOUR REGULAR MEDICATION

3. Blood Thinners: If you are on blood thinning medication (e.g. Aspirin, Ibuprofen, Warfarrin), these may cause excessive bleeding. We recommend that you stop taking them 7 to 10 days prior to your surgical appointment. **Please consult with your Doctor** before stopping or changing any of your medication. These medications may be resumed the day following surgery.
4. Osteoporosis: If are or have recently been on medication such as Phosamax, or other medication to treat osteoporosis, you may be at an elevated risk for complications following any surgery to the jaws. We recommend that the drug serum levels have been completely neutralized for at least 8 weeks. **Please consult your Doctor** before stopping any of your medication, and for the necessary blood and other tests as required.
5. Vitamins: Supplementation with Vitamin E may cause excessive bleeding. We recommend that you discontinue the habit until after surgery.
6. Other Medication: Please ensure that you continue to take all your other regular medication as normal before and after the procedure unless otherwise instructed by the dentist, and except when fasting prior to a General Anaesthetic procedure. **Please bring ALL of your regular medication with you to the procedure, including your asthma inhaler (Ventolin) if you use one.**

### PRESCRIBED MEDICATION

7. One Week Prior to Your Procedure: Commence using a **chlorhexidine** mouth rinse (eg. Colgate Savacol, Oral-B Plaquacide) 2-3 time per day after brushing and flossing. Continue the daily rinses for 2 weeks after the surgery, or as otherwise instructed by your dentist.
8. One Day Prior to Your Procedure: If **antibiotics** have been prescribed please commence these. You must continue taking them after your surgery until completing the full prescribed course.
9. The Night Prior to Your Procedure: If a **sedative** has been prescribed (e.g. Valium) take it at bedtime. This will help ensure that you have a restful sleep. For In-Chair procedures, the sedative should be taken again the next day, one hour prior to your procedure.
10. **Please bring ALL of your prescribed medication with you to the procedure.**

### ALCOHOL, SMOKING & RECREATIONAL DRUGS

11. Alcohol, smoking or recreational drugs should be avoided before the procedure and during the healing period after oral surgery. **CONTINUING TO SMOKE OR TAKE RECREATIONAL DRUGS MAY HAVE AN ADVERSE AFFECT ON IMPLANTS OR BONE GRAFTS.**

**DENTURES & OTHER PROSTHETIC APPLIANCES**

- 12. Please bring ALL prosthetic dental appliances (eg. Dentures) with you on the day of the procedure (New & Old).

**FOR IN-CHAIR PROCEDURES**

- 13. Ensure that you take all your regular medication as normal before and after the procedure unless otherwise instructed by the dentist.
- 14. Ensure you have a nutritious meal about 2 hours prior to any prolonged procedure. Avoid acidic juices, coffee or other diuretics.
- 15. If a sedative has been prescribed (e.g. Valium), please take it one hour before the procedure.
- 16. For prolonged procedures or if you have been sedated or pre-medicated, please have a **responsible adult** drive you to and from the clinic.
- 17. For procedure with IV Sedation, follow the instructions for General Anaesthetic Procedures below.

**FOR GENERAL ANAESTHETIC PROCEDURES AT THE HOSPITAL (DAY SURGERY)**

- 18. Confirm the surgery and admission time with us 24-48 hours prior to the procedure
- 19. **No food or drink for 8 hours prior to the operation**
- 20. Do not take any of the prescribed medication during the 8 hours fasting prior to the surgery
- 21. You will be discharged from the hospital in the afternoon or early evening. You must be accompanied home and must not drive a car on that day. Preferably you should not be alone on the first night following a general anaesthetic.
- 22. Improving your fitness with light to moderate exercise, such as walking, in the period prior to a general anaesthetic procedure will help in your recovery.

**CLOTHING & MAKEUP**

- 23. Please wear comfortable loose-fitting clothing and comfortable shoes. No facial makeup. Men should shave the day of the appointment (except men with full beards or mustache need not shave).

**GETTING HOME**

- 24. If not sedated, you will be able to drive home. However, we recommend that you make arrangements for a reliable person to drive you, especially if a sedative has been used or following a prolonged procedure.
- 25. At home, please follow the post operative instructions given to you and limit your physical activities the day of surgery.

**SPECIAL INSTRUCTIONS:**