

**PRE-SURGICAL INSTRUCTIONS**  
**PLEASE MAKE SURE YOU READ THESE INSTRUCTIONS**

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**ANTIBIOTICS:**

Antibiotics are given to help minimize the risk of infection. Unless otherwise prescribed by your doctor, follow the regimen below for the antibiotic you were given.

**If you were given one of the antibiotics listed below, take it according to instructions below:**

Amoxicillin: Take 4 pills one hour before surgery, then 1 pill 3 times a day.

Keflex: Take 4 pills one hour before surgery, then 1 pill 3 times a day.

ZPak: Take 2 pills one hour before surgery, then 1 pill each day.

Cipro: Take 1 pill one hour before surgery, then 1 pill twice a day (breakfast, dinner).

**Caution for Women:** Antibiotics reduce the effectiveness of birth control pills, so some other birth control method is strongly recommended. If you are susceptible to yeast infections from taking antibiotics, please let us know before taking.

**ORAL SEDATIVES:**

If we gave you a prescription for Halcion or Valium, you may take 1 pill at bedtime the night before your surgery to help you relax and sleep. The day of your surgery, take 1 pill one hour before your surgery. Bring the remaining pill with you to your appointment.

**Please Note: If you are taking the oral sedative, you will need someone to drive you to and from your appointment! Read and sign the consent form before taking your sedative. All minors must be accompanied by a parent or legal guardian who must stay in the office during the appointment.**

**SUPPLEMENTS TO AVOID:**

Stop all fish oil supplements, Vitamin E, flaxseed oil, Gingko Biloba, garlic, ginseng, and any other supplements that cause thinning of the blood 10 days before your surgery.

**PRECAUTIONS FOR PATIENTS ON ASPIRIN, COUMADIN, PLAVIX:**

Aspirin-type medication, Coumadin and Plavix cause more bleeding than normal during surgery. If you are taking Coumadin or Plavix, **do not stop**. We will want to discuss this with your doctor.

If you are taking aspirin or aspirin-like drugs **daily** (i.e. Motrin, Ibuprofen, Aleve, etc.), stop taking this type medication 10 days before your surgery appointment.

## **ORAL RINSE:**

**The day after surgery**, use the Chlorhexadine rinse. Unless otherwise instructed, rinse with ½ ounce twice a day, after breakfast and at bedtime for 30 seconds. Do not eat, drink, or rinse your mouth for one hour after using. Continue this regimen until your first post op appointment. The doctor or assistant will tell you if you need to continue using it.

**Note: This rinse will stain veneers and porcelain crowns.**

## **INSTRUCTIONS FOR INTRAVENOUS (IV) SEDATION:**

1. If you are having iv sedation, do not eat anything for 6 hours before your surgery. NO juices, coffee or tea. Take your normal medications except those listed above. You may have enough water to swallow medications and smaller sips of water up to 2 hours before surgery. **If your surgery is in the afternoon, it is ok to eat a light breakfast.**

**For Type 2 Diabetics: IT IS OK** for you to have a small sip of apple juice if needed, up to 2 hours before surgery. Don't take your diabetic medication the morning of your surgery. Bring your glucometer.

2. Wear a short-sleeved or loose-sleeve shirt or blouse to allow for placement of a blood pressure cuff.
3. Patients **must** have someone to drive them home. **Please, no taxi or bus rides home!**
4. Please arrange for someone to either stay with you for a few hours after your surgery or check on you periodically if you were iv sedated or/and used a sedative pill for your surgery.

## **ATTENTION: ALL PATIENTS UNDERGOING ANY PROCEDURE**

1 .If you smoke, PLEASE! Stop or drastically reduce at LEAST 2 weeks before and at LEAST 2 weeks afterward. IF YOU NEED HELP, PLEASE LET US KNOW!

2. Please do not wear cologne, perfume, heavy makeup, or dark colored fingernail polish on the day of your surgery.

3. **All street drugs are absolutely prohibited at LEAST 2 weeks before and at LEAST 2 weeks after surgery! Please inform your doctor for your safety.**

## **FOLLOW UP:**

Your doctor will be calling you sometime later in the evening after your surgery. We will see you at your post op appointment to check the surgical site and how you are healing.

## POST SURGICAL INSTRUCTIONS

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**Please avoid strenuous activity, exercising, heavy lifting, bending for 5 to 7 days!**

- 1. Sutures-** Sutures have been placed around your teeth for your comfort and should stay in place until your next appointment. If they begin to fall out after 4 or 5 days, **THIS IS OK!** You **do not** need to come back to have the sutures replaced. You will still be seen at your post op appointment.
- 2. Bleeding-** You can expect oozing and blood tinted saliva up to 24 hours **after** surgery. At no time should your mouth fill up with blood or blood clots. **If active bleeding does occur, return to our office.** If it's after hours, see '**Emergencies**' on the other side of this form.
- 3. Swelling-** Use **ice pack the FIRST DAY ONLY** when you get home to minimize swelling. Apply the ice pack 20 minutes on, 10 minutes off. **Do not be alarmed if you begin to swell a couple days after your surgery!** If you were iv sedated for your surgery, your iv solution contained a medication that minimizes swelling. After the body passes this medication, you may begin to see swelling afterwards. **The day after surgery**, apply a warm, moist, heated towel to help decrease swelling, 20 minutes on, 10 minutes off.
- 4. Pain Meds-** Take your pain medication according to the instructions. Eat something first, being careful if you are still numb. You may alternate Ibuprofen and Tylenol, taking the Ibuprofen first, then 3 hours later take the Tylenol. Do not take more than the prescribed amount per day for each medication. **NOTE: If you were given an opioid/controlled substance for pain, make sure that you read and sign the Informed Consent For Controlled Substance/Opioid Therapy For Pain before you begin taking!**
- 5. Stent-** If you had gum graft surgery, **leave your plastic stent in at least 72 hours.** It will protect the donor site as it heals. After that, if it interferes with eating or talking, you may take it out for a while, clean it, and put it back in. **Please note: it is not necessary to remove it.** It will be taken out at your first post op appointment and the donor site will be checked to see how it is healing.

- 6. Gum Graft-** If you had gum graft surgery, the initial color can range anywhere from pearlish white to grayish looking. **THIS IS OK!** After a couple of weeks, it will blend into your natural gum color. **DO NOT TOUCH, LICK, OR BRUSH THE GRAFT SITE!** **Review Additional Post Instructions on the next page!**
- 7. Implants- (& Extractions)** If your surgery was for implants or extractions, sutures were placed and will be removed at your first post op appointment. NO vigorous, strenuous activity for 5 to 7 days. **Eat SOFT foods for the first week.** You may resume a normal diet after. **NO nuts, seeds, popcorn, tough, chewy, crunchy, sticky foods!** **All On 4, 5, 6 Cases, see Additional Post Instructions next page!**
- 8. Sinus Lift/Push-** If your surgery was for a sinus lift or sinus push, you will have non-dissolvable sutures placed. They will be removed at your first post op appointment. **DO NOT BLOW YOUR NOSE.** **Do not do any heavy lifting, bending, or vigorous, strenuous activity.** Eat only soft foods the first few days after your surgery. **Review Additional Post Instructions on the next page!**
- 9. Eating-** **Eat soft foods** the first few days after your surgery like mashed potatoes, pasta, noodles, eggs, cottage cheese, yogurt, soup, soft vegetables, oatmeal, milk shakes, etc. until you can eat a normal diet. Stay away from hard, tough, crunchy, chewy, sticky and spicy foods during this time. Stay hydrated on **non-alcoholic** liquids.
- 10. Brushing-** **Maintain good oral hygiene. Do not brush the surgical site!** Carefully brush and floss all other areas thoroughly.
- 11. Rinsing-** **DON'T** rinse your mouth, spit, or use a straw for 24 hours! Doing this can dislodge the clot that needs to form to stop active bleeding. Start the Chlorhexadine rinse **the day after surgery.** (Refer to the Pre-Surgical instruction sheet under 'Oral Rinse')
- 12. Smoking-** **Stop or minimize smoking for 2 weeks before and after surgery** Smoking slows healing and is detrimental to success of surgery!
- 13. IV Sedation-** For iv **and/or** pill sedation, expect to feel sleepy the rest of the day. **Do not drive for 24 hours,** nor sign any legal documents.
- 14. Emergencies-** Call **Dr Trylovich** at 324-1175, or **Dr Goaslind** at 431-2934, or 497-9653, **Dr Gifford** at 686-3605, **Dr Mantor** at 1-801-372-2501
- 15. Appointments-** **PLEASE SHOW UP FOR ALL POST OP APPOINTMENTS!** This is an essential and important part of your surgery to ensure your healing is progressing and to help prevent any complications!

## **ADDITIONAL POST INSTRUCTIONS FOR SURGICAL PROCEDURES**

**GUM GRAFT/GUM LIFT SINUS LIFT/SINUS PUSH ALL ON 4 – 5 - 6**

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### **FOR GUM GRAFT/GUM LIFT PROCEDURE:**

Follow **all** instructions under your Post Surgical Instructions Sheet unless otherwise instructed by your doctor. Additional instructions are as follows:

**No brushing or flossing surgical site for at least 2 weeks, or until your first post op appointment. Do not use an electric toothbrush** until it is safe to do so as instructed by your doctor. You may brush and floss your other teeth, but do not get too close to the surgical site.

**DO NOT** pull your lip up or down to take a look at the graft area or touch the graft area in any way! **DO NOT** lick or brush the graft site! **Doing this may dislodge the grafting material!**

### **FOR SINUS LIFT/SINUS PUSH PROCEDURE:**

Follow **all** instructions under your Post Surgical Instructions Sheet unless otherwise instructed by your doctor. Additional instructions are as follows:

You may have mild to moderate nose bleeds on and off for at least the next 3 or 4 days. **This is normal.** If it is severe, call your doctor immediately! You may get black and blue bruising, **which is normal.** It will gradually fade. Continue the Arnica Montana for 7 days and apply the gel to your face.

**NO** vigorous or strenuous activities for the next **5 to 7 days!** i.e. jogging, swimming, aerobics, cycling, hiking, lifting weights, physical sports, bending, lifting heavy objects. **DO NOT BLOW YOUR NOSE.** If you have to sneeze, do it with your mouth open. Don't try to hold it in.

**FOR ALL ON 4 – 5 – 6 PROCEDURE:**

Follow instructions on your Post Surgical Instructions Sheet **except** the instructions under ‘Brushing’.

NO vigorous or strenuous activities for the next 5 to 7 days, i.e. jogging, swimming, aerobics, hiking, lifting weights, physical sports.

Your appliance is designed for immediate function. **However, stay with soft foods only for the next 4 weeks! Any food you can cut with a fork is acceptable.** During this time and for the next 4 to 6 months, **Please note: DO NOT ATTEMPT TO EAT:** Whole apples, chips of any kind, granola, nuts or seeds of any kind, popcorn, caramels, beef jerky, steaks, taffy, raw vegetables, etc. DO NOT chew gum. DON’T attempt to bite into anything with your front teeth. If it passes the test of what you can eat, place the food on the cheek side. It may also help to cut your food into smaller portions.

DO NOT brush the surgical area. Use the Chlorhexadine mouth rinse the day after surgery as instructed, and continue to use it twice a day for the next 2 weeks or until your post op appointment. Your doctor will let you know when you can safely brush these areas again. If you have natural teeth remaining on the top or bottom, you may still clean those teeth as you normally would.

**You will continue to wear your temporary appliance for the next 4 to 6 months.** This is how long it takes for the implants to completely integrate in the bone and your bone becomes nice and rigid around the implants. Your general dentist will then begin fabricating your **final fixed appliance**, (no palate covering!) made with a Titanium framework and only your dentist can remove it. **Also, once your final appliance has been placed, ENJOY ALL KINDS OF FOOD AGAIN!**

When your final appliance has been placed, **we strongly recommend that you purchase a waterpik!** This will be a valuable asset to your investment to keep your mouth and gum tissue healthy, which is of utmost importance!

**NOTE: You must continue to come in for cleanings. Come in to have your implants checked and get an updated xray of them once a year! It is your responsibility to stay proactive with these appointments.**