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**DENTAL IMPLANTS AND PERIODONTAL PARTNERS, LLP**  
**PRE-SURGICAL INSTRUCTIONS**

We find that most patients are somewhat apprehensive concerning their upcoming surgical appointment. Nearly everyone, however, finds the experience much easier than they had imagined. We want you to know that our entire team is committed to making your experience as easy and pleasant as possible. As with most events, some prior planning and preparation will help ensure that your treatment proceeds smoothly. Please review the instructions below carefully. If you have any questions or concerns, do not hesitate to contact us prior to your appointment.

**ALL PATIENTS:**

1. Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure.
2. Try to plan no business or social activities the evening prior to, and the day and evening of the surgery. Only a light schedule is recommended for the second day following your surgery.
3. You will be eating soft foods for several days post surgery. Examples of these include Protein Drinks, Jell-O, Pudding, Mashed Potatoes, Macaroni & Cheese, Scrambled Eggs, etc.
4. You will be prescribed several medications. If you would like those called into your pharmacy, please let us know which pharmacy you would like to use. Please take all medications according to the directions on the bottle.
5. Medications prescribed by your physician (i.e. for high blood pressure, etc.) should be taken at their regular time and dosage unless otherwise instructed. Please advise us of any medications you are taking. If you have regular lab work from you physician, please let us know.
6. Aspirin-containing drugs should be discontinued for 7 days prior to surgery. Tylenol or Ibuprofen-type drugs are okay.
7. Alcoholic beverages must be avoided 12 hours prior to, and 24 hours after the procedure.
8. Two post-operative appointments are required to evaluate and monitor healing, and to educate you on post-operative care. The first appointment will be at 1 week post-operatively and the second will be 3 weeks later. Please contact us if these appointments have not been made.
9. Please feel free to bring your own portable stereo and headphones if you would like to listen to music during the procedure.

**IF YOU ARE TO BE SEDATED WITH AN ORAL SEDATIVE (Halcion) OR IV MEDICATION:**

1. You must arrange for a responsible adult to drive you to and from the office. If the driver does not wish to remain at the office during the appointment, they may leave a phone number where our office may contact them prior to the end of the appointment. Post-operative instructions will be discussed with this person at the end of your appointment.
2. Do not eat or drink anything for 8 hours prior to your appointment. You may use just enough water to take your pre-sedation medication. Please do not drink coffee in the morning prior to surgery.
3. Please remove nail polish from the nails of the index fingers of each hand so your nail beds can be visualized. Our monitor uses the nail bed to evaluate the heart rate and oxygen saturation. Contact lenses should not be worn during your surgery to prevent your eyes from drying out. Please refrain from wearing heavy facial make-up.
4. Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure and EKG pads will be placed on your chest, so your clothing will need to allow access.

Office: (972) 612-2040

**Again, please do not hesitate to contact us if you have any questions.**  
**Remember that we are here for YOU!**