

## Before Extractions, Implants and Sinus Lift

Pre-operative instructions for tooth extractions, dental implant placement, bone grafting, and sinus lift procedures. Please review carefully before your appointment.

**Please read these instructions carefully before your appointment.**

If you have questions, contact your treating office or email [info@yantperio.com](mailto:info@yantperio.com).

### In the Weeks Before Surgery

**Be current on your cleanings.** Professional cleanings reduce inflammation and bacterial load in your mouth, which decreases the risk of post-surgical infection. Depending on the status of your gum health, Dr. Yant may require an additional cleaning approximately 2 weeks before surgery.

**Practice excellent oral hygiene.** Brush thoroughly twice a day and clean between your teeth with interproximal brushes or floss. Good oral hygiene before surgery reduces infection risk and improves implant outcomes.

**Stock your kitchen.** Purchase soft, protein-rich foods before your appointment. You will need soft foods for at least 2 weeks. Good options include Greek yogurt, scrambled eggs, smoothie ingredients, mashed potatoes, soup, protein shakes, and oatmeal.

**Update your pharmacy.** Ensure your pharmacy information is current at least 1 week before your appointment so we can send antibiotics and post-operative medications in advance. This is especially important for implant and bone grafting procedures.

**Stay hydrated.** Drink plenty of water in the days leading up to surgery. Avoid alcohol for at least 24 hours before your procedure.

**Plan for recovery.** Get a good night's sleep. Arrange your schedule to allow for rest. If receiving sedation, arrange for a responsible adult to drive you home and stay with you until you are fully alert.

**Medical consult if needed:** Please inform Dr. Yant and the office of any blood thinners, bisphosphonate medications (medications affecting bone health), new or existing cancer diagnosis, or any changes to your medical history. Our goal is to provide safe care, and we can only do that with up-to-date information. In some cases, we may need to coordinate with your physician before surgery.

**If you take or have ever taken bisphosphonate medications (Fosamax, Boniva, Actonel, Reclast, Prolia, or others) for osteoporosis or other conditions, you must inform us before surgery. These medications affect jaw bone healing and may require modifications to your treatment plan. Visit [yantperio.com/blog/bisphosphonates-jaw-health](http://yantperio.com/blog/bisphosphonates-jaw-health) to learn more.**

**If you take blood thinners (Warfarin, Eliquis, Xarelto, Plavix, aspirin, or others), you must coordinate with your physician to pause these medications for the appropriate amount of time before surgery. Failure to stop blood thinner medications can result in uncontrollable bleeding during or after the procedure. Please discuss this with both your physician and our office well in advance of your surgery date.**

### If a Sinus Lift Is Planned

If your procedure involves a sinus lift or implant placement near the sinus, the following additional preparation is important:

**Nasal decongestant:** Begin using Afrin nasal spray and behind-the-counter Pseudoephedrine (Sudafed) starting 2 days before your procedure to dry out the nasal cavity and reduce sinus congestion. This creates the best conditions for sinus lift surgery. If you have allergies, continue taking your typical allergy medication as well.

**Sinus health:** If you develop a cold, sinus infection, or significant nasal congestion in the days before your surgery, contact our office. We may need to reschedule to ensure the best outcome.

**Plan ahead for travel:** You should not fly for at least 1 week after a sinus lift procedure. If you have travel plans, discuss timing with Dr. Yant at your consultation so surgery can be scheduled accordingly.

### Temporary Prosthetics

If you currently wear a denture, flipper, or temporary prosthetic that covers the surgical area, bring it to your appointment. Dr. Yant may need to adjust it or provide instructions on when and how to wear it after surgery.

If a temporary prosthetic is being fabricated for you (such as a flipper for a front tooth extraction), confirm with your restorative dentist that it will be ready before your surgical appointment.

## Day of Surgery

**Eat before your appointment.** Eat a light, low-fat meal before your appointment. The stress of surgery can cause low blood sugar. Good options include cereal, eggs, yogurt, or a turkey sandwich. (See sedation section below for modified eating instructions if you are receiving oral sedation.)

**Take all your regular medications.** Take all medications as directed by your physician, especially blood pressure medications. Blood pressure above 160/100 will prevent us from performing surgery. Follow any specific instructions provided regarding blood thinners or other medications.

**Pre-operative Ibuprofen:** We recommend taking 800mg of Ibuprofen (Advil or Motrin) 1 hour before your procedure. This helps reduce inflammation at the surgical site and improves post-operative pain control. This dosage is appropriate for healthy patients with no kidney issues. If you cannot take Ibuprofen, take 500 to 1000mg of Tylenol (Acetaminophen) 1 hour before your procedure instead.

**Wear comfortable clothing.** Wear loose, comfortable clothes with short sleeves for blood pressure monitoring and IV access. Bring a sweatshirt if you tend to get cold. Keep makeup to a minimum and avoid lipstick or heavy foundation.

**Arrive relaxed.** Allow extra time if you tend to feel anxious. Ask us about oral sedation options ahead of time if anxiety is a concern.

## Sedation Options

**IV Sedation:** If you would prefer IV sedation (deeper sedation where you are largely unaware of the procedure), this can be provided by an outside anesthesia service that works with our office. Dr. Yant's focus during your surgery is entirely on the procedure itself, so a dedicated anesthesia provider manages your sedation separately. If you are interested in IV sedation, let us know at your consultation so we can coordinate scheduling with the anesthesia team.

**Oral Sedation:** If you would like oral sedation, a medication to help you relax during surgery, you must let us know ahead of time. We will prescribe medication that you will pick up at your pharmacy before the appointment.

**Before any sedation medications are prescribed, you must come to the office ahead of time to sign the required consent forms. No medications will be sent to your pharmacy until these forms are signed. Medications are typically sent approximately 2 days before your surgery.**

**What you will be prescribed:** Depending on your age and health history, Dr. Yant will prescribe either Valium (diazepam) or Halcion (triazolam). If you are currently taking any other benzodiazepines, please inform us so we can adjust the dose or type. In that case, we would recommend skipping your normal benzodiazepine and replacing it with the stronger sedative dose we prescribe for that day only.

**How to take them:** You will be prescribed pills for your sedation. One pill is for the night before surgery to help you sleep. Taking this pill is optional. For the remaining pills, please follow the instructions on the bottle exactly as written. Please arrive 1 hour early to your appointment so we can assess your level of sedation and prepare you for surgery.

**DO NOT take more pills than instructed before coming to the office. Follow only what is written on the bottle. Taking extra medication may result in over-sedation.**

**Eating before sedation:** Do not eat for 4 hours before your appointment. Clear liquids are okay during that time, such as water, black coffee, or apple juice. If you have a morning appointment at 8 or 9 AM, it is fine to arrive fasted. If your appointment is at 10 AM or later, eat a light, low-fat breakfast 4 hours before your appointment.

**You must have a driver.** It is unsafe to drive, or to use Uber, Lyft, or taxis while on sedation medication. We require a responsible adult to drive you to and from the appointment. The driver must stay within a 20-minute radius of the office during your surgery and should stay with you after leaving the office until you are fully alert.

## Questions?

If you have questions about preparing for your procedure, need to update your pharmacy or medication information, or need to discuss blood thinners, bisphosphonates, or other medications with our office, please contact your treating office or email [info@yantperio.com](mailto:info@yantperio.com).