B Williams Surgical Solutions

ADVANCED SURGICAL & IMPLANT CARE

Pre-Operative Instructions

Implant & Grafting Procedures: Single Implants, Full-Arch, Bone Grafting & Gum Grafting

GENERAL INSTRUCTIONS

- [ ] Continue your regular medications on schedule unless you've been told otherwise, taken with a small sip of water. If you're diabetic, don't take medication that lowers your blood sugar while fasting.
- [ ] Stop smoking before your surgery date if at all possible, and don't smoke at all during healing. It's one of the most significant factors in implant and graft failure.
- [ ] If you take blood thinners (Coumadin, Xarelto, Eliquis, or similar), confirm with our office at least 48 hours before your appointment.
- [ ] Avoid aspirin, ibuprofen, fish oil, vitamin E, and other blood-thinning supplements for 1 week before a bone or gum graft, unless your physician has told you not to stop them.
- [ ] Arrange a responsible adult (18+) to accompany you, remain in the office during your procedure, and drive you home. Most of these procedures include IV sedation, so review those instructions as well.
- [ ] Have soft foods on hand at home ahead of time (see the food list in your post-op instructions) so you're not shopping right after surgery.

IF IV SEDATION IS PART OF YOUR PLAN

- [ ] **Fasting:** no solid food for 6 hours before your surgery. Clear liquids (water, apple juice, Gatorade, black coffee or tea with no milk) are OK until 2 hours before. **Nothing by mouth in the last 2 hours.**
- [ ] Wear a loose-fitting top with sleeves that roll up easily, and closed-back shoes.
- [ ] Build flexibility into your schedule around your appointment. Don't fit surgery into an already busy day.
- [ ] Following sedation, no driving or activities requiring full alertness for 24 hours.

A FEW NOTES BY PROCEDURE

Implants
Bring any existing denture or partial with you. We may need to adjust it for your comfort while you heal.

Full-Arch
Plan for a full week of limited activity afterward. Arrange help at home if you can, since the first few days are easier with support.

Bone Grafting
If bone from another area (including donor material) is part of your plan, this will be discussed with you in detail beforehand.

Gum Grafting
If your graft uses tissue from the roof of your mouth, expect some tenderness at that donor site in addition to the graft site.

Questions or concerns? Please reach out before your appointment. We're glad to help.
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