JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

95 JAIDEV RD BLDG 10, #101
ST JOHNS, FL 32259
P: (904) 820-8956 | F: (904) 820-8957

PRE-OPERATIVE INSTRUCTIONS

Dental Implant Placement

ABOUT YOUR PROCEDURE

You are scheduled for dental implant placement. A dental implant is a small titanium post that is surgically placed into the jawbone to serve as a replacement tooth root. After a healing period of several months, a custom-made crown, bridge, or denture will be attached to the implant. Proper preparation is essential for the success of your implant and long-term healing.

Please read the following instructions carefully and contact our office with any questions.

BEFORE YOUR APPOINTMENT

- Inform our office of any changes to your medical history, including new diagnoses, hospitalizations, or surgeries since your last visit.
- Provide a complete and updated list of all medications you are currently taking, including:
  - Prescription medications
  - Over-the-counter medications (including aspirin, ibuprofen, naproxen)
  - Vitamins, herbal supplements, and nutritional products
  - Blood thinners (warfarin, Eliquis, Xarelto, Plavix, or others)
- **VERY IMPORTANT ⚠ Bone-Affecting Medications:** If you take or have ever taken any of the following medications, please inform our office immediately, as special precautions are required:
  - Bisphosphonates (Fosamax, Boniva, Actonel, Reclast, or Zometa)
  - Denosumab (Prolia or Xgeva)
  - Romosozumab (Evenity)
  - Any medication prescribed for osteoporosis, bone cancer, or bone metastases

These medications can affect how your jawbone heals and may require modifications to your treatment plan.

- **Heart Conditions Requiring Antibiotic Premedication:** If you have a prosthetic heart valve, a history of endocarditis, certain congenital heart conditions, or a heart transplant with valve problems, please confirm with our office that your antibiotic prescription has been arranged. Take the antibiotic exactly as directed, typically 1 hour before your appointment.
- **Steroids:** If you take oral steroids (such as prednisone or dexamethasone) or use a steroid inhaler, please inform our office, as supplemental dosing may be necessary.
- **Diabetes:** If you are diabetic, please inform our office. Good blood sugar control is important for implant healing. Contact our office for specific instructions about adjusting your insulin or diabetes medication, especially if fasting is required for sedation.

MEDICATIONS — WHAT TO CONTINUE AND WHAT TO AVOID

Continue taking all regular medications unless specifically instructed otherwise by your doctor or our office.

- **Blood thinners:** Do NOT stop taking blood thinners unless specifically directed by the prescribing physician in coordination with our office. Stopping blood thinners without medical guidance can be dangerous.
- **Anti-inflammatory medications:** Unless otherwise directed, avoid aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve), and other NSAIDs for 3 days before your procedure, as they may increase bleeding. Acetaminophen (Tylenol) is acceptable.
- **Herbal supplements:** Stop taking fish oil, vitamin E (high dose), ginkgo biloba, garlic supplements, turmeric, and other herbal products that may increase bleeding at least 7 days before your procedure, unless otherwise directed.
- **Pre-operative antibiotic:** If you have been prescribed an antibiotic specifically for the implant procedure, take it exactly as directed. This is typically taken 1 hour before your appointment.

ORAL HYGIENE PREPARATION

Good oral hygiene before your procedure helps reduce bacteria in your mouth and lowers the risk of infection.

- If a chlorhexidine (Peridex) mouth rinse has been prescribed, begin using it as directed — typically starting 2 days before your procedure. Rinse twice daily for 30–60 seconds.
- Continue brushing and flossing all teeth thoroughly in the days leading up to your appointment.
- Brush and floss your teeth the morning of your procedure before arriving.
- If you have been scheduled for a professional cleaning before your implant surgery, please keep that appointment.

THE DAY BEFORE YOUR PROCEDURE

- Do not consume alcohol for at least 24 hours before your appointment.
- Get a full night of rest.
- Fill any prescriptions provided by our office (antibiotics, pain medication, medicated mouth rinse) so they are ready for use after your procedure.
- Purchase soft foods for your recovery. You will need to eat a soft diet for approximately 1–2 weeks. Good options include:
  - Yogurt, applesauce, pudding, smoothies (no straws)
  - Lukewarm soup and broth (not hot)
  - Mashed potatoes, scrambled eggs, oatmeal
  - Protein shakes and nutritional supplement drinks

If you have been prescribed an oral sedative to take the night before your procedure, take it as directed.

THE MORNING OF YOUR PROCEDURE

- **If receiving local anesthesia or nitrous oxide only:** Eat a light meal 1–2 hours before your appointment. Avoid heavy or greasy foods.
- **If receiving oral sedation:** Do not eat or drink anything for at least 6 hours before your appointment, unless otherwise instructed. Take the prescribed sedation medication as directed.
- **If receiving IV sedation or general anesthesia:** Do not eat solid food for at least 8 hours before your appointment. Clear liquids (water, apple juice without pulp — no milk) may be consumed up to 2 hours before. Do not drink anything within 2 hours of your appointment.
- Take your pre-operative antibiotic as directed (typically 1 hour before your appointment).
- If prescribed, rinse with chlorhexidine mouth rinse the morning of your procedure.
- Wear comfortable, loose-fitting clothing with short sleeves or sleeves that roll up easily.
- Remove contact lenses, jewelry, watches, and nail polish.
- Leave valuables at home.
- Arrive 15 minutes early to complete any remaining paperwork.

TRANSPORTATION

- **Local anesthesia or nitrous oxide only:** You may drive yourself to and from the appointment.
- **Oral sedation or IV sedation:** You MUST have a responsible adult drive you to and from your appointment. Your driver must remain in the office during your procedure. You will not be permitted to drive, take a taxi alone, or use rideshare services unaccompanied. A responsible adult must stay with you for several hours after you return home.

SMOKING AND TOBACCO

- Do not smoke, vape, or use any tobacco or nicotine products for at least 1 week before your procedure.
- **Smoking is one of the most significant risk factors for dental implant failure.** It impairs blood flow to the bone and gums, delays healing, and increases the risk of infection and implant loss.
- Avoiding all tobacco and nicotine products for a minimum of 2 months after your procedure — and ideally permanently — is strongly recommended for the best outcome.
- If you need help quitting, please ask our office or your primary care physician about smoking cessation resources.

WHAT TO BRING

- Photo ID and insurance card
- Complete list of current medications
- Any prescribed pre-medications (antibiotics or sedatives) if not yet taken
- Your inhaler, if you have asthma
- A responsible adult driver (if receiving oral or IV sedation)
- Any dental appliances (dentures, partials, flippers, or retainers) that may need to be adjusted after the procedure

IF YOU ARE FEELING ILL

If you develop a fever, cold, sore throat, cough, active cold sore, nausea, vomiting, or any new illness before your appointment, please call our office as soon as possible. Your procedure may need to be rescheduled, as illness can increase the risk of complications and compromise implant healing.

WHAT TO EXPECT

- The procedure typically takes 1–2 hours per implant, depending on complexity. Additional procedures such as bone grafting or sinus augmentation may extend the appointment.
- The implant site will be numbed with local anesthesia. If you are receiving sedation, you will be in a relaxed or sleep-like state.
- After the implant is placed, the gum tissue will be closed with sutures. A healing cap or cover screw will be placed on the implant.
- You will receive detailed post-operative instructions and any necessary prescriptions after your procedure.
- The implant typically requires 3–6 months to fully integrate with the bone (osseointegration) before the final restoration can be placed.
- **Do not disturb the surgical site** with your tongue, fingers, or any objects during the healing period.

IMPORTANT REMINDERS

- Dental implant success depends on careful preparation, good oral hygiene, and following all pre- and post-operative instructions.
- If you fail to follow these instructions, your procedure may need to be postponed for your safety.
- If you have any questions or concerns before your appointment, please do not hesitate to call our office.

We look forward to caring for you and ensuring the best possible outcome for your dental implant.