JACKSONVILLE
SURGICAL ARTS
ORAL AND MAXILLOFACIAL SURGERY

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PRE-OPERATIVE INSTRUCTIONS

Tooth Extraction With Bone Graft

ABOUT YOUR PROCEDURE

You are scheduled for a tooth extraction with bone grafting. After the tooth is removed, bone graft material will be placed into the extraction socket to preserve the bone and prepare the site for future treatment, such as a dental implant. A protective membrane or covering may also be placed over the graft. This procedure requires careful preparation and a longer healing period than a standard tooth extraction.

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

BEFORE YOUR APPOINTMENT

- Inform our office of any changes to your health, medications, or allergies.
- Provide a complete 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)
- **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)
  - Romosozumab (Evenity)
  - Any medication prescribed for osteoporosis, bone cancer, or bone metastases
- **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.
- **Antibiotic Premedication:** If you have a condition that requires antibiotic premedication before dental procedures (such as a prosthetic heart valve, history of endocarditis, or certain congenital heart conditions), confirm with our office that your prescription has been arranged. Take the antibiotic exactly as directed, typically 1 hour before your appointment.
- If you have been prescribed a pre-operative antibiotic specifically for the bone graft procedure, begin taking it as directed (typically starting the evening before or the morning of your procedure).

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.

MEDICATIONS — WHAT TO CONTINUE AND WHAT TO AVOID (CONT.)

- **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.

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 cold/liquid diet for the first 2 days and a soft diet for approximately 2 weeks. Good options include:
  - Yogurt, applesauce, pudding, smoothies (no straws)
  - Lukewarm soup and broth (not hot)
  - Protein shakes and nutritional supplement drinks

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:** 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.
- Brush and floss your teeth before arriving.
- If a chlorhexidine (Peridex) mouth rinse was prescribed, rinse with it the morning of your procedure as directed.
- Wear comfortable, loose-fitting clothing with short sleeves or sleeves that roll up easily.
- Leave jewelry, watches, and 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, IV sedation, or general anesthesia:** 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 12 hours before your procedure.
- **Smoking significantly increases the risk of bone graft failure, infection, and delayed healing.** Avoiding all tobacco and nicotine products for a minimum of 2 weeks after your procedure — and ideally longer — is strongly recommended for the best outcome.

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)

IF YOU ARE FEELING ILL

If you develop a fever, cold, sore throat, cough, 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 bone graft healing.

WHAT TO EXPECT

- The procedure typically takes 30–60 minutes, depending on the complexity of the extraction and grafting.
- After the tooth is removed, the socket will be cleaned and bone graft material will be placed. A protective membrane or covering is often placed over the graft, and the area will be closed with sutures.
- You will receive detailed post-operative instructions and prescriptions after your procedure. It is very important to follow these instructions carefully to protect the bone graft during healing.
- The bone graft typically requires 4–6 months to fully heal before the next phase of treatment (such as implant placement).
- **Do not disturb the surgical site** with your tongue, fingers, or any objects. The bone graft material must remain undisturbed to heal properly.

DIABETIC PATIENTS

- If you take insulin or oral diabetes medication, contact our office for specific instructions about adjusting your medication, especially if fasting is required for sedation.
- Monitor your blood sugar closely on the day of your procedure.

QUESTIONS?

If you have any questions or concerns, please call our office. Proper preparation is essential for the success of your bone graft and your overall healing.