

JAMES W. BETANCOURT, DMD

PATIENT INSTRUCTIONS FOR IMPLANT SURGERY

Read & Keep

Please carefully read entire packet

PRIOR TO SURGERY:

Be sure to pick up your prescriptions at your pharmacy and be ready to take any medications that Dr. Betancourt prescribed to start the day or night before surgery.

Please stop any use of aspirin or blood thinner 3 to 5 days prior to surgery. If use of aspirin/thinner is prescribed by your physician, please consult with him for approval.

Wash your hair the night before surgery and wash your face the night before and morning of surgery with soap such as Dial.

Please come without make-up/lotions on your face. The skin on your face needs to be as clean as possible and free of oil which is in most cosmetics/lotions and naturally occurs in your skin.

Do not wear necklaces, earrings, fingernail polish or perfumes – **Men**, no colognes/aftershaves. Wear comfortable warm clothes with a **short sleeve** blouse/shirt.

The night before surgery eat a normal meal that is easy for you to digest. Stay away from very spicy, rich or greasy foods.

The morning of surgery eat a light breakfast such as toast, muffin, coffee, tea, fruit and juices. Go easy on milk or dairy products. *If you are having intravenous anesthesia (IV conscious sedation) or general anesthesia, **do not** eat or drink anything 6 hours before surgery.* Any medication you need to take prior to surgery can be done with only as much water as necessary to swallow the pills.

You will need to have someone drive you to the office and home only if you are given oral sedation such as valium or xanax, have IV conscious sedation or general anesthesia. You can not drive yourself if any sedatives are used. If your driver drops you off, please leave their name and phone # where they can be reached with the front desk.

You may wish to shop for some food before surgery, since you will not be able to eat as you normally do for the first 3-4 days after surgery. Some suggestions are listed in the “After surgery” section.

AFTER SURGERY:

Bleeding

Leave the gauze pad in place for at least 30 minutes, using light but continuous biting pressure to control bleeding. Do not spit or rinse your mouth during the day of surgery. If bleeding persists, apply one or two moistened tea bags (with cool water) over the area and press firmly for 30 minutes. Repeat once if necessary, and if bleeding persists, please call Dr. Betancourt. Blood-tinged saliva is not unusual and may persist for several hours. You may wish to cover your pillow with a towel to avoid staining.

Swelling

Some swelling after surgery is normal. If this happens, it will be greatest the first 48 hours following surgery. To minimize swelling, you may place an ice pack on the side of your face – 15 minutes on,

15 minutes off – for the first 4 to 6 hours. Wrap your ice pack in a towel or tee shirt before applying to your face. If possible, an elevated head rest (extra pillow or 2) should be used during the first night after surgery.

Prescriptions

If prescribed antibiotics, take in accordance with instructions on the bottle until finished. If you develop a fever above 100 degrees, call the office.

For pain, take one of the pain tablets with a glass of water. This may be repeated every 4 hours. Be certain not to drive or operate any dangerous machinery while taking pain medicine. You may be sore for about one week.

You may be prescribed an anti-bacterial rinse like Peridex, use as directed on the bottle starting the morning after surgery and use until gone or asked to discontinue by this office.

Diet

Only cold soft or liquid foods should be consumed during the first 24 hours. Suggestions are: jello, custard, yogurt, apple sauce, ice cream, cottage cheese, milk shakes and protein drinks like Ensure. Soups, mashed potatoes, well cooked vegetables and eggs are OK if eaten at room temperature. Avoid sweet, sticky foods that may easily adhere to your suture line and promote growth of bacteria. Avoid eating on the surgical area of your mouth. After 3-4 days, gradually advance your diet as tolerated.

Be sure to eat properly following your surgery. For proper wound healing, you may need more calories, protein and fluids than normal.

Smoking

We advise you not to smoke at all during the first 72 hours after surgery. Smoking can increase pain and lead to poor healing. The longer you refrain from smoking the less chance you have of post-operative problems.

Activity

Avoid excessive physical exertion and fatigue during the immediate post-operative period of 48 hours. Make sure you get adequate sleep.

Tooth Brushing

No tooth brushing the day of surgery (after surgery). The next day & for the following week until your post op appointment here, do not brush the surgical site. After each meal the mouth should be thoroughly rinsed. Brush your remaining teeth, gums and tongue as thoroughly as possible taking precautions to avoid disturbing the surgical site. 24 hours after surgery, bathing the surgical site several times a day for one week with warm salt water is recommended to promote circulation and healing. Do not do the salt water rinse at the same time as your anti-bacterial rinse.

**If you have any questions, please write them down to discuss
with the office or the next time you see Dr. Betancourt.**

Office phone # (772) 567-5981

Emergencies only –(772) 567-5981 After message-- Dial ‘ 0’ to reach Dr. Betancourt