



HOWARD COUNTY

Oral & Maxillofacial Surgery

Dr. Paul A. German & Dr. Jean-Luc Niel

www.howardcountyoralsurgery.com

410-997-5826

Implant & Bone graft Pre-Op Instructions

Bone Graft & Implant Instructions

Please follow these instructions to ensure that your surgery runs as smoothly as possible.

IV Sedation Anesthesia Instructions:

- **Nothing to eat or drink 8 hours** prior to your appointment except medications as instructed
- Must have a **responsible** driver with you who can wait while you are in surgery, driver **MUST** stay in the office during your surgery
- On the day of your surgery, we recommend that someone stay with you the entire day who can assist with your care
- No driving for 24 hours after your surgery
- Also follow all guidelines below.

Nitrous Oxide or Local Instructions:

- Wear loose comfortable clothes, a short sleeve shirt, and flat shoes
- Remove nail polish on your fingernails
- Fill your prescription **before** your scheduled surgery date
- **Antibiotic mouth rinse (if prescribed) and antibiotics** are to be started the night before the scheduled surgery date and morning of surgery.
- Due to the size of our waiting room, please limit the number of people that accompany the driver and the patient the day of surgery
- Have a supply of soft foods at home that are ready to eat (oatmeal, mashed potatoes, macaroni and cheese, soups, pudding, jello, etc.)

Antibiotics



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Be sure to take the prescribed antibiotics as directed to help prevent infection.

Oral Hygiene

Good oral hygiene is essential to good healing. The night of surgery, use the prescribed Peridex Oral Rinse before bed. The day after surgery, the Peridex should be used twice daily; after breakfast and before bed. Be sure to rinse for at least 30 seconds then spit it out. Warm salt water rinses (one teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day as well, especially after meals. Brush your teeth and the healing abutments. Be gentle initially while brushing the surgical areas.

Activity

Keep physical activities to a minimum immediately following surgery. If you exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking in normal nourishment. This may weaken you and further limit your ability to exercise.

Wearing your Prosthesis

Partial dentures, flippers, or full dentures, should be used as directed by your treating surgeon.