

**COMPREHENSIVE DENTISTRY OF WESTCHESTER P.C.
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How to Prepare For Dental Implant / Bone Graft Surgery

- Take your regularly scheduled medications as usual.
- Fill your prescriptions that were given to you by us;
- Take your first dose of antibiotic pill 1 hour prior to your appointment
- Wear loose and comfortable clothing. A short sleeve is recommended for IV sedation. No high heels, neck ties, tight belts.
- Do not schedule any high-impact activity (examples are contact sports, tennis, running on hard surfaces or treadmills, etc) for at least 48 hours following the procedure
- If you are not being sedated, you may eat or drink as you wish before the procedure. Prepare nutritious, filling, but easy to eat food items for consumption after your surgery (examples are fish, eggs, pasta, etc)
- Do not schedule distant travel definitely for the first week, preferably for two weeks.

If You Are Scheduled to Undergo IV Sedation:

- Do not eat or drink for a minimum of 6 hours prior to your appointment.
- You must come to your appointment with an escort. This adult will be responsible for seeing you home safely.
- Do not drink any alcohol 3 days before your appointment
- If you smoke, try to stop or curtail it for as least one week before your appointment. This will help keep your lungs clear and decrease mucus in your throat. Also, nicotine has been shown to dramatically slow the healing process
- If you are diabetic, call for specific instructions
- If you are on blood thinners, call for specific instructions
- If your medical history and medications have changed recently, call for specific instructions