



# ANN MARIE HOFBAUER, DMD

## PERIODONTICS & IMPLANTOLOGY

### IMPLANT/SINUS LIFT

#### PRE-SURGICAL INSTRUCTIONS

Please make sure to have a good meal before surgery and NO CAFFIENE the day of surgery. NO MAKE-UP around lips or cheek area. Someone will be calling you approximately one week prior to surgery to go over medications that Dr. Hofbauer will prescribe. Please make sure that with all antibiotics you also take a probiotic. If you can please stop taking aspirin one week prior to surgery and if you are on Coumadin or Warfarin you will need your INR checked 1-2 days prior and let us know what that number is. It will need to be below 2.2.

#### POST-SURGICAL INSTRUCTIONS

It is most likely that you will not experience problems following your periodontal or implant surgery. These instructions are provided for your information and assistance should any problems occur.

#### Discomfort, Swelling, Bleeding, Heat, and Cold:

If needed, you may take pain medication (prescribed by Dr. Hofbauer) every 8 hours to relieve discomfort. If you have definite bleeding, take a piece of gauze, moistened in cold water and squeeze to dampness. Hold it firmly against the bleeding area for 30 minutes. Ice packs should be applied to the outside of your face for 60 minutes, 10 minutes on and 5 minutes off (total of 4 times) following surgery and 1 hour prior to going to bed.

#### Diet:

Maintain a well-balanced diet. Avoid any foods that are hard, crunchy or difficult to chew for 4 weeks. Soft foods are recommended such as eggs, pasta, soups, Jell-O, baked fish and vegetables. **DO NOT DRINK THROUGH A STRAW.** Be careful with highly seasoned foods, fruit juices or anything acidic. **NO alcoholic beverages for one week post-surgery or longer if taking pain medications.**

#### Activities:

Strenuous physical activity such as swimming, aerobics or running should be avoided for 1 week. It is normal to feel tired following surgery. It is best to relax and rest as much as possible for a few days. Also, no laser treatment around face for 6 months.

#### Medication and Rinse:

In addition to non-aspirin pain medication, antibiotics and/or mouth rinses may be prescribed for you. Please follow the prescriptions to completion. During the first 36 hours following surgery rinse your mouth in the morning, evening and also after every time you eat with peridex. You may also rinse with warm salt water (1/4tsp salt per cup of water) if you desire. **NO SWISHING.** Lean your head side to side for two minutes and let rinse fall out of your mouth.

#### Surgical Hygiene and Home Care:

No brushing around surgical sites, until given specific brushing instructions at your post-operative visit. It is very important that the oral hygiene regime, as prescribed by your doctor, be followed after surgery. The small black sutures visible in your mouth must remain intact until your next appointment. Please notify us if you notice that a suture is missing or loose. Normally, sutures are removed within five to eleven days following your surgery. If you wear a denture, we ask that you leave it out until your sutures are removed, so there is no pressure on the implant site.

IMPLANT/SINUS LIFT (CONT.)

POST-SURGICAL INSTRUCTIONS (cont.)

Smoking:

Smoking is detrimental to healing tissue and can negatively affect the results of surgery and delay healing. **We WILL NOT guarantee implants if you are a smoker.**

OFFICE: 503.474.9888  
AFTER HOURS: 503.330.4636

Print Name \_\_\_\_\_

Patient Signature \_\_\_\_\_ Date \_\_\_\_\_