



RocPerio & Implants

"Exceptional + Personalized Care"

Roxanne Lowenguth, DDS,
James Infantino, DDS, FA

PRE OPERATIVE INSTRUCTIONS

- Any medical conditions should be discussed with your doctor prior to surgical date
- If we indicate that a MEDICAL CLEARANCE is indicated prior to surgery, please check in with your medical doctor and our office to assure that communication has occurred.
- Please advise if you are taking any BLOOD THINNERS, aspirin, NSAIDS, fish oil or vitamin E – these medications can cause bleeding and you may be instructed to stop prior to surgery
- Take all medically prescribed daily medications as usual
- Take all medications prescribed by our office- we usually ask that you start your antibiotics one day prior and pain medication one hour prior to surgery as a loading dose
- Brush your teeth as normal and rinse with the prescribed mouthwash or Listerine
- Do not drink caffeinated beverages the day of surgery
- Do not drink alcoholic beverages one day prior to surgery
- We advise you not to smoke before surgery or after as smoking significantly delays healing and could have a negative effect on the surgical outcomes
- Wear comfortable, loose fitting clothing for the surgery
- Please feel free to bring your own music and headphones or we can provide musical selections for you to listen to during the procedure

Appointment: _____

Additional Instructions: _____

During business hours if questions or concerns arise, please call the office number 585 756-5566. However after hours you may reach Dr. Lowenguth on her cell phone (voice or text) at 585 752-9675 or Dr. Infantino on his cell phone at 585 729-3777.

PLEASE BE AWARE THAT CANCELLATIONS SHOULD BE MADE AT LEAST 24 HOURS PRIOR TO THE APPOINTMENT OR THE OFFICE CAN ASSESS A FEE FOR YOUR RESERVED TIME.



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POST OPERATIVE INSTRUCTIONS

MEDICATIONS

- Take all prescribed medications as directed. Do not stop unless directed by your doctor.

MEDICATIONS FOR DISCOMFORT

- Anaprox DS 550mg (Naproxen Sodium) 2x/day or Motrin 600mg 3x/day as needed use for at least 2 days.
- Extra Strength Tylenol if have GI, bleeding or medications issues that avoid NSAIDs
- Vicodin/Tylenol #3 can be used if not driving/working/operating machinery. Take 1 tab every 4-6 hours with food, in addition to Anaprox or Motrin if needed. (**Not within 1 hour of taking Anaprox (Naproxen).

SWELLING

- Swelling is normal for up to 1-2 weeks post procedure, peaking at 2 to 4 days and especially in the early mornir
- Day 1: Apply ice pack 15 minutes on/15 minutes off
- Day 2: Apply heat pack 15 minutes on/15 minutes off
- Sleep on 2 pillows to elevate head or use reclining chair
- If swelling is severe, please call the office as a steroid (Medrol dose pack) may be prescribed.

BLEEDING

- Light bleeding (oozing) from the surgical area may occur for up to 48 hours post-surgery.
- Control by applying pressure with moist gauze or a wet black tea bag for minimum of 15 minutes.

DIET

- All soft foods for 2 weeks post-procedure **Do NOT eat hard, crunchy , fried or spicy foods along with small seeds, pretzels, crust, chips, peanuts, popcorn, sesame seeds, kiwi seeds, cereal, bread, pizza, candy, rice, nut gum, nachos, steak, wings, sausage, etc.
- Eat soft foods such as: yogurt or cottage cheese, soup, well-cooked veggies, soft bread, mashed potatoes, stuffing, pudding or gelatin, sorbet, oatmeal, pasta, eggs, applesauce, bananas, protein shakes, fish

ORAL HYGIENE

- Do NOT use electric brush or floss the area for 2 weeks. Please brush non-surgical areas of mouth.
- Use a Q-tip dipped in prescribed mouth rinse to very gently swab surgical site for the first 2 weeks.
- You may rinse gently the night of surgery. Okay to rinse with warm salt water in between.

SINUS INSTRUCTIONS (Sinus Grafting Procedures)

- Use nasal saline nose spray for 2 weeks.
- Avoid bending over, nose blowing and suppressing a sneeze for 2 weeks.
- Avoid flying for 2 weeks.
- Slight nose bleeds are normal for up to 2 weeks. Heavy nose bleeds require a call to your doctor ASAP.
- Small bone particles may arise during healing, this is a normal occurrence.

GINGIVAL GRAFTS

- Do not pull on lip or touch the grafted site until you return for post op.

IMPLANTS

- If you have a temporary appliance, keep in for 24 hours, you can remove to rinse. Clean with toothbrush and replace.
- If you have discomfort from wearing temporary, please call ASAP to have it adjusted.
- Your implant has a small cap that is at the gum tissue, do not chew on this cap. The cap may come loose-this is not your implant but must be reattached. Call the office ASAP if this occurs.

AVOID FOR 24 HOURS

- Spitting
- Smoking
- Drinking from a straw
- Anything hot food or drinks
- Carbonated beverages

AVOID FOR 3-5 DAYS

- Aspirin
- Vitamin E
- Cardio Exercise
- Fish Oil

Additional notes for you: _____