

## Joseph E. Pechter, DMD

Periodontist and Dental Implant Surgeon  
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[PerioFlorida.com](http://PerioFlorida.com)

### **Pre-surgical instructions for Implants, Sinus lifts, and Bone Grafts**

You will have received a prescription for antibiotics. Begin taking antibiotics one day prior to your scheduled surgery. On the day of your appointment, please try to be prompt and on time.

It is good to have a nice breakfast but limit your liquids and avoid coffee or tea, because these will increase your need to use the restroom. You will be in a sterile environment and unable to get up to go to the bathroom during this time, except for emergencies.

If you require oral sedation, you will need to arrange with someone to drive you to and from the office. Written and verbal instructions for post-operative care will be given to both you and your driver, but you can always call the office if you have questions later.

Plan on spending the remainder of the day resting quietly. Avoid heavy activities for at least 24 hours after the procedure.

You will need to prepare to eat a soft diet. For the first 24 hours, avoid rinsing, spitting, and drinking through a straw; no hot foods or hot liquids; **NO SMOKING**.

We will send you home with post-operative care instructions, including after hours contact information for Dr. Pechter. We will be seeing you back at the office in one week to check or remove your sutures.

Some of our radiographic (x-ray) procedures require the removal of any jewelry in the head and neck area; therefore you may consider leaving your jewelry at home.

If you have additional questions please call the office, and we will be happy to assist you in any way possible.