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IN PREPARATION FOR SURGERY**

**PRIOR TO SURGERY**

1. Inform the doctor and/or assistant if you are currently taking or have taken in the past: **blood thinners**, **aspirin, fish oil** or **bisphosphonates** (Osteoporosis/bone health medication). **If taking any of these medications, please talk with your primary care physician about stopping these prior to your surgery.**
2. Eat a healthy meal. Take your normal daily medications. If prescribed premedication (antibiotics, Valium, etc.), take these as directed, on the day of surgery.
3. Inform your dental team of **any** health history or medication changes

**THINGS TO EXPECT AFTER HAVING A ROOT CANAL**

**- You MUST go back to your general dentist within 2-4 weeks for a permanent filling and/or crown.**

- **Do not chew on the tooth** until the final filling and/or crown is placed.

- You may have discomfort for several weeks with chewing after the filling and/or crown is placed.

- You may experience some swelling in the area, though it is not anticipated

**THINGS TO EXPECT AFTER HAVING AN EXTRACTION**  
- You may have pain or bruising, or develop slight swelling

- **You will not be able to smoke or chew tobacco for 72 hours**

- Limit yourself to calm activities - no exercising for the first 48 hours

- Do not drink anything through a straw or have carbonated or alcoholic beverages for 48 hours

- You may be most comfortable with a soft food diet for the first 48 - 72 hours

- At minimum, there will be a 4 month healing period following an extraction prior to placing your dental implant

**THINGS TO EXPECT AFTER HAVING A DENTAL IMPLANT PLACED**

- **Do not chew on your dental implant** for 3-4 months or until you have been released to do so by Dr. Mullins

- **You will not be able to smoke or chew tobacco for at least 72 hours. Smoking during the healing phase of the implant may cause the implant to fail, which may result in the implant being removed and a different course of treatment.**

- You may have some pain, bruising or develop slight swelling

- Limit yourself to calm activities - no exercising for the first 48 hours

- Do not drink anything through a straw or have carbonated or alcoholic beverages for 48 hours

- You may be most comfortable with a soft food diet for the first 48-72 hours

- There will be a minimum 3-4 month healing period after the placement of your dental implant before crown placement

**THINGS TO EXPECT AFTER A TISSUE GRAFT, FRENULECTOMY, OSSEOUS OR APICOECTOMY SURGERY**

- **You MUST limit the movement of your mouth for 72 hours following surgery – limit talking, eating, smiling, etc.**

- **DO NOT look at the surgical site.** Looking at the surgical site could result in the **failure** of your surgery.

- **You will not be able to smoke or chew tobacco for at least 72 hours.**

- Limit yourself to calm activities - no exercising for the first 48 hours

- Do not drink anything through a straw or have carbonated or alcoholic beverages for 48 hours

- You may be most comfortable with a soft food diet for the first 48-72 hours

- Do not brush or floss in the surgical site until released to do so

- You may have some pain, bruising or develop slight swelling

**If these instructions are followed properly it can greatly aid in the success of your procedure. However, this does not determine guaranteed results.**

We appreciate the opportunity to be a part of your dental team. Please don’t hesitate to call with any concerns or questions you may have!  
  
Dr. Stephanie L. Mullins & Staff

816-524-9800