



## PRE-SURGICAL INSTRUCTIONS FOR EXTRACTION

We desire to make this event as easy as possible for you. To accomplish this some prior planning and preparation will help ensure that things go smoothly. Please review the instruction below carefully. If you have any questions or concerns, do not hesitate to contact us.

1. You will view patient education on extractions.
2. Please wear loose fitting and comfortable clothing. A sleeve may need to be rolled up to allow monitoring of your blood pressure.
3. Please refrain from wearing heavy facial make-up.
4. Eat about 3-4 hours before your surgery.
5. You may want to have someone come with you to help drive you home and be present when we cover post-operative instructions with you.
6. Try to plan no business or social activities the day and evening of the surgery. Only a light schedule is recommended for the day following the surgery.
7. Medications may be prescribed. These will be taken prior to and/or after surgery. Please take these according to the directions on the bottle.
8. Medications prescribed by your physician should be taken at their regular time and dosage unless otherwise instructed by your dentist. Please tell us of any over the counter or prescribed medications you are presently taking.
9. Please see cautions about herbal medications and how they affect bleeding.
10. Alcoholic beverages must be avoided 12 hours before surgery and 48 hours after the surgery.
11. Do not smoke for 12 hours before surgery and for 72 hours after surgery.
12. Women ONLY: taking "the pill" or are in the first 22 days of your menstrual cycle can cause poor blood-clot formation leading to exposed bone or dry socket after a tooth extraction. You should have teeth removed on days 23-28.
13. One post-operative appointment will be required to evaluate and monitor healing and to educate you on post-operative care and review your treatment plan. This

appointment will be scheduled 1 week after the surgery. Please contact us if this appointment has not been made.

14. Remember that ginkgo, ginger, and ginseng may increase bleeding from dental procedures
15. Patients who have been receiving IV bisphosphonates should avoid having teeth pulled at all costs! Bisphosphonates can cause altered or improper healing after extractions, sometimes leading to a breakdown of the jawbone around the extraction sites. This condition, known as osteo-necrosis, can be severe.