



# ERIC K. TAYLOR, DDS

Diplomate American Board of Periodontology  
Implants and Periodontics

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## PRE-OP INSTRUCTIONS/LOCAL ANESTHESIA

- Get a restful night sleep and avoid alcohol.
- Wear loose, comfortable fitting clothing the day of surgery.
  - **All Blood thinner** medications (Coumadin, Plavix, Aspirin, etc.) must be alerted to the surgical team prior to the scheduling and held 7 days prior. Medical clearance must be in writing from your cardiologist.
  - **All immune suppressive** medications must be stopped one month prior to the surgery date with a written medical clearance from your doctor.
  - **All Bisphosphonates** (Bovina, Reclast, Fosamac, Actonel, Zometa, etc.) must be stopped 3 months prior to surgery and 3 months post-operatively.
  - **Herbal Supplements** held for 7 days prior: Ginger, Ginkgo, Garlic, Ginseng
  - **Vitamins** held for 7 days prior; Vitamin C, Vitamin E, Fish Oil

## POST-OPERATIVE INSTRUCTIONS

- **SOFT FOOD DIET** for 2 weeks: soups, eggs, custard, cottage cheese, yogurt, chicken, fish, puddings, Jell-O, tofu, finely chopped meats. Yogurt is encouraged daily.
- Supplement your diet with **two high protein nutritional shakes a day for 2 weeks** to promote healing. Ex: Myoplex, Whey, Rice, Premier Protein, Isopure Isolate  
Isopure Juice (great for diabetics limiting sugar)
- **Vitamin C** or Ester C (250-500mg) 3-4 times daily is encouraged for healing.
- **Vitamin D3** 2000IU daily (start prior to procedure)
- **COQ10** 200mg daily
- Take **prescriptions** as directed and with plenty of food/water to lessen discomfort. Medication should be stopped if any reaction develops and call Dr. Taylor immediately.
- If **Bleeding** occurs, apply a dampened tea bag (non-herbal) with gentle firm pressure for 10 minutes until bleeding subsides and call Dr. Taylor. Some oozing is normal the first day.
- Avoid creating suction in the mouth: no straw use, no spitting for 2 weeks.
- No gargling or mouthwash for 2 weeks.
- Avoid heavy exercising or lifting until cleared by your post-operative visit.
- Avoid sleeping on the operative side and elevate your head on extra pillows.
- Avoid tooth brushing at the operative sites, however brush as usual all other teeth.
- **Motrin** is given at a high dosage every 6 hrs. with food/water for 3 days for swelling & anti-inflammatory effect
- Call Dr. Taylor with **any** concern on his cell phone after hours at **(248)462-9101**