

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 discussed. 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 to be started one month prior to procedure:**

Vitamin D3 5,000 IU daily

Vitamin Ester C 500mg 4X times daily

Vitamin K2 200mcg daily

Vitamin E 200mg daily

COQ10 200mg daily

L-Arginine 1,500mg daily

POST-OPERATIVE INSTRUCTIONS

- **SOFT FOOD DIET** for 2 weeks: soups, eggs, custard, cottage cheese, yogurt, chicken, fish, puddings, tofu, cooked vegetables, soft grains.
- Yogurt and Probiotics are encouraged daily.
- Do not use ice.
- **Vitamin Protocol** for minimal of 1 month post-op.
- 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.
- Arnica gel or Arnica Cream can be applied to the outside of the skin to reduce swelling, bruising, & discomfort
- If **Bleeding** occurs, apply a dampened tea bag (non-herbal) with gentle firm pressure for 10-20 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 mouthwash or salt water rinse for 2 weeks.
- Avoid heavy exercising, jogging, yoga, or lifting until cleared by your post-operative visit.
- Avoid sleeping on the operative side and elevate your head (may experience throbbing while laying down) on extra pillows.
- Avoid tooth brushing at the operative sites, however brush as usual all other teeth.
- **Motrin 600mg** is given every 6 hrs. with E-xtra strength Tylenol for 3 days for swelling & anti-inflammatory effect. Swelling peaks the 3rd day. Swelling should come down by 4th 5th day, if it doesn't call office.
- Call Dr. Taylor with **any** concern on his cell phone after hours at **(248)462-9101**