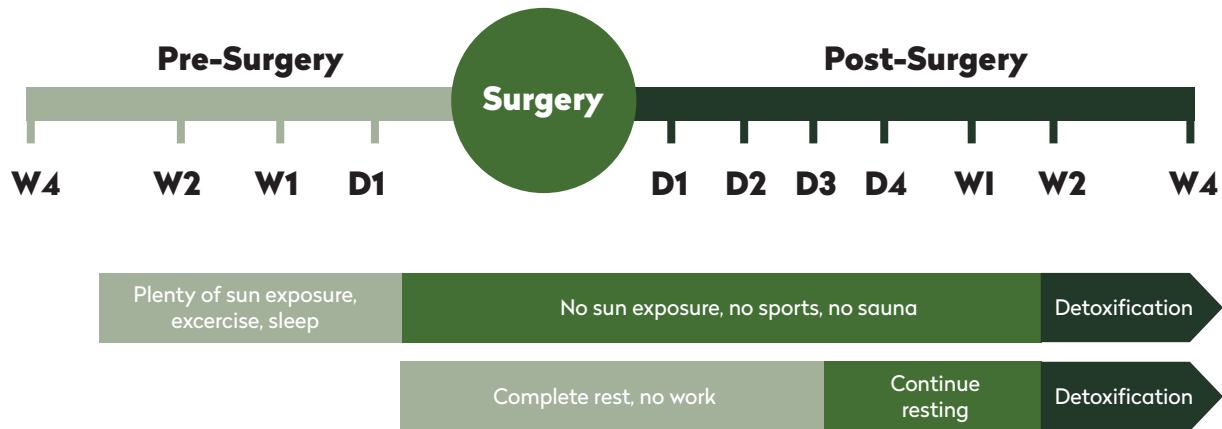


Pre-Surgical Instructions



- Carefully read over all the information we have given you so that you are clear on all the instructions and ask our team if you need any clarification. The more disciplined you are in following our protocols, the better you will feel.
- Follow nutritional, supplement, and lifestyle recommendations in order to prepare your body to have an optimal healing response to dental surgery.
- Optimize Vitamin D and LDL cholesterol levels. This will prevent excess inflammation and result in the best possible healing.
- Make sure you are clear on the directions for taking any medications or supplements that we have instructed you to take before your surgery, including antibiotics, pain medication. Please ask us if you need clarification on any of this.
- If you are going to be sedated for the surgery, please have a regular meal 8 hours before the procedure. It is crucial that you do not eat or drink water after that, as it is essential for the sedative to be effective. Additionally, it is advisable to have someone accompany you after the sedation.
- Hydrate well the week leading up to your surgery. 2 litres per day. We need to withdraw blood from your arm in order to make PRF membranes that we will use as a wound dressing for the surgical site. This greatly helps the healing process.
- Do some meal prep. After surgery, you will not feel like getting groceries or preparing meals. Therefore, stock up on everything you will need for 3-4 days after your surgery. We stress the importance of being on a soft-food diet following surgery where chewing is not required. See our food guide for a detailed outline on what types of foods to eat.
- Sinus Involvement: If your surgery included a sinus lift, for 10 days following surgery
 - Do not play any wind or brass instruments (flute, tube, clarinet, saxophone, etc.)
 - Do not fly in an airplane, scuba dive or swim