

**Joseph Cristoforo, D.D.S.**  
**Andrew J. Carmosino, D.D.S., M.S.**  
*Diplomates, American Board of Periodontology*

### Pre-Surgical Instructions

1. Discontinue aspirin and any medications containing aspirin for *10 days* prior to your surgical appointment, unless instructed by your physician not to discontinue this medication.
2. Discontinue Advil or any other non-steroidal anti-inflammatory medication *10 days* prior to your surgical appointment. You may substitute Tylenol for these medications.
3. Limit Vitamin E one week prior to your surgical appointment; the amounts found in a multi-vitamin are acceptable.
4. Inform this office if you are taking any other anticoagulant medication, i.e., *Plavix, Coumadin, Eliquis, etc.*
5. Take any prescribed antibiotic as directed for pre-medication purposes (i.e. certain heart conditions, and prosthetic joints).
6. If you are using birth control products, please be advised that antibiotic therapy may diminish the effectiveness of birth control medications.
7. Take all routine medications as directed by your physician. Please inform this office of all routine medications you are currently taking.
8. Please inform our office of any allergies to medications.
9. We strongly urge you to start a multi-vitamin, notably one rich in vitamin D and anti-oxidants to aid in the post-operative healing process. We recommend starting these vitamins at least two weeks prior to surgery and continue for four weeks post-surgery.
10. Please feel free to bring your own personal music device and/or headphones.
11. Plan to rest at home the remainder of the day, and avoid any heavy physical activities for two days after surgery.
12. Eat a light meal prior to your surgical appointment. Avoid heavy or greasy foods.
13. Following surgery, you should concentrate on having soft foods and cold liquids for the next 24 hours. Protein shakes, Ensure, ice cream, and yogurt are good choices.
14. You will be able to drive yourself home after surgery, but you may wish to arrange for someone else to drive you home. If you wish to take an oral sedative, such as Halcion or Valium, you MUST have someone drive you home.


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 6601 Mineral Point Road, Suite 101 • Madison, WI 53705

 (608) 841-1600     (608) 841-1602

 [info@dentalimplantperio.com](mailto:info@dentalimplantperio.com)

 [www.dentalimplantperio.com](http://www.dentalimplantperio.com)