Pre-Operative Instructions for Dental Implant Surgery

Preparing for Your Dental Implant Procedure

Thank you for choosing our practice for your dental implant treatment. Careful preparation helps ensure your surgery is as comfortable, safe, and successful as possible. Please read the following instructions carefully before your appointment.

Before Your Appointment

Eat Normally (Unless Advised Otherwise)

- Please have a light meal before your appointment unless you have been specifically instructed not to eat.
- Avoid arriving on an empty stomach, as this may increase the likelihood of feeling faint during or after treatment.

Take Your Usual Medication

- Continue taking your regular prescribed medications unless we have advised you differently.
- If you are diabetic, please take your medication as instructed and eat appropriately before your appointment.
- If you take blood-thinning medication, only alter your medication if specifically instructed by your surgeon or GP.

Antibiotics

- If prescribed, take the first dose exactly as instructed and complete the full course unless advised otherwise.

Pain Relief

- Have suitable pain relief available at home (e.g. ibuprofen or paracetamol unless contraindicated). Follow the manufacturer's instructions or your surgeon's advice.

Smoking and Alcohol

- Avoid smoking for as long as possible after surgery (ideally at least 2 weeks).
- Avoid alcohol for 24 hours before and 72 hours after surgery.
- Smoking significantly increases the risk of implant failure and delayed healing.

On the Day of Surgery

- Wear comfortable, loose-fitting clothing.
- Brush your teeth thoroughly before attending.

- Remove lipstick where possible.
- Wear minimal makeup.
- Please arrive 10–15 minutes before your scheduled appointment.

If You Feel Unwell

- Please contact the practice before attending if you have a cold or flu, a cold sore, fever, chest infection, vomiting or diarrhoea, or any significant change in your medical health. We may need to postpone treatment for your safety.

After Your Surgery

- You will receive detailed written and verbal post-operative instructions before leaving the practice.
- Take things easy for the remainder of the day.
- Avoid heavy exercise, lifting heavy objects, excessive talking, and hot food and drinks until the local anaesthetic has worn off.

Please Tell Us Before Surgery If

- You have started any new medication.
- You have been admitted to hospital.
- You have become pregnant.
- You have developed any allergies.
- There has been any change to your medical history.

Questions?

Our team is always happy to help. If you have any concerns before your appointment, please contact us and we will be pleased to assist.

We look forward to caring for you and making your implant treatment as comfortable and successful as possible.

Thank you for placing your trust in our team.