



Precision Implant Care

**Pre-Operative Instructions for  
Dental Implant Surgery**

1. Brush your teeth and clean your mouth thoroughly. Throw out your tooth brush and obtain a new one.
2. Please bring any regular medication/pills with you, to your appointment.
3. No alcoholic beverages for 24 hours **prior to** and **after** your scheduled appointment.
4. Do not smoke at least 12 hours before your surgery. Ideally, stop smoking for as many days as possible prior to the surgical date and for a minimum of 6 days post-surgery.
5. Wear dark loose, comfortable clothing. Preferably trousers with no zippers, jogging pants are better. Be sure your sleeves allow access to your arm for blood pressure reading.
6. Please bring your dentures with you to the appointment, if applicable.
7. Do not wear lipstick or excessive makeup the day of surgery.
8. If you take routine oral medications, please check with Dr. Mikhli prior to your surgical date for instructions.
9. Be sure to start taking antibiotics the day before your surgery and continue the day of surgery with the medication as prescribed for you.
10. The 24 hours following your surgery should be spent resting. Prepare a soft diet for the first 1-2 days such as broth, puree soup, Jell-O, yogurt, mashed potatoes, scrambled eggs etc.
11. Be sure to review all post-operative instructions!

**Any confirmed appointments cancelled within one week will lose the non-refundable deposit.**

I understand and agree to the above.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Emergency Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

**Scheduled Appointment: Date: \_\_\_\_\_ Time: \_\_\_\_\_**

1636 E 14<sup>th</sup> Street, #123  
Brooklyn, NY 11229  
(718) 376-9600 Phone  
(718) 376-4204



## Precision Implant Care

### **Foods You May Eat While Wearing Temporary Crowns, Bridges or Dentures:**

- Hearty soups (cream of asparagus, lentil, minestrone, split pea )
- Juices (white cranberry, apple, ), avoid citrus juices for a few days
- Herbal Tea
- Jell-O
- Yogurt (soft or frozen )
- Cottage Cheese
- Pudding/Custard, Rice Pudding
- Soft fruits (banana, papaya, canned peaches or pears-must cut in small pieces)
- Applesauce
- Popsicles
- Ice cream and milkshakes
- Fruit smoothies/protein shakes, Ensure
- Oatmeal/cream of wheat
- Eggs (scrambled, soft boiled, egg salad)
- Mashed Potatoes
- Rice, Risotto
- Tofu
- Pasta (plain or with sauce)
- Macaroni and Cheese
- Sloppy Joes meat prepared
- Fish, Tuna (soft white fish, sole, trout)
- Meatloaf or Meatballs
- Fresh cooked Vegetables, spinach, broccoli, cauliflower, green beans etc. (must be cooked and soft)

### **Please AVOID the following foods until your permanent teeth are placed:**

- Spicy Foods
- Food with small seeds- i.e. raspberries
- Foods that are difficult to chew (steak, poultry, deli meats)
- Popcorn, pretzels, potato chips
- Crusty breads, bagels, cookies, pizza
- All red wines- white wine is ok
- All chewy candy or gum
- Avoid food with color, blue berries, red wine, red juices, coffee/tea as these will stain your temporary teeth.

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