Infinity Dental
8940 West Tropicana Ave
Las Vegas, NV 89147
(702) 248-4448

All-On-Four

PRE-OPERATION

For this procedure, we like our patient to have the best possible chances to avoid any failure or rejection of any kind. Please follow our pre-operative instructions to help you achieve success:

THREE WEEKS BEFORE SURGERY

Stop smoking. Smoking of any kind can hinder the healing process by decreasing blood flow, which may prevent the wounds from healing properly or extend the healing process. After surgery, you may not start smoking until given approval from Dr. Sanchez.

Stop drinking alcohol. Alcohol thins your blood and thus increased bleeding. Alcohol can also increase the chances for infection, depresses immune system functions and also can interfere with the healing wounds.

Check the fridge! Post operation, you will be on a soft food diet. It would be best recommended that you start stocking up on protein drinks and other supplements. You will be given a list of approved food. Try to eat lots fruits, vegetables, and protein. Your diet can aid in healing and swelling.

TWO WEEKS BEFORE SURGERY

Medications: We ask you to please make a list of your medications. There are many medications that can cause excessive bleeding or other complications. Your surgeon and your primary care physician will work together to find the best way to keep you healthy while healing.

These supplements are to be taken two weeks before to ensure that they are completely in your system and should be continued until stopped by your surgeon.

Vitamin A. 8,000 mg-10,000 mg, twice a day. Vitamin A plays an important role in the growth and development of several systems in the body, including your immune function and bone.

Vitamin C. 1,000 mg, twice a day. The body needs vitamin C to make collagen, a protein that helps wounds heal. Vitamin C also improves the absorption of iron and helps the immune system work properly to protect the body from infection.

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Bromelain 1,000 mg, twice a day. Bromelain is an enzyme complex found in pineapples. This will help boost your immune system, reduces swelling and redness, and any sinus discomfort.

TWO DAYS BEFORE SURGERY

Get all prescriptions filled. It is important to have them ready. Make sure you consult with the pharmacist to be sure you are comfortable with and aware of all your medications.

Another supplement recommended to take is Arnica Montana**.** Take every 8 hours for 10 days. Arnica is an herb found in the Swiss Alps. It has been used since the 16th century for its wound healing, antiseptic, anti-inflammatory, and pain relieving properties.

NIGHT BEFORE SURGERY

The night before your procedure, you will take your prescribed sedative at 8:00 PM. Since you will not be under general anesthesia, do not worry about eating after a certain hour. Make sue you eat a healthy meal and try to get as much sleep as possible as tomorrow will be somewhat of a long day. Please make sure you have arranged your transportation. It is a good idea to write down any additional questions you may want asked while you are here tomorrow. 3

The morning of please take any required medications. We would like you to eat a good breakfast as you will be in the office often times through lunch. You will take your second sedative pill one hour prior to your scheduled time.

Please always feel free to contact our office if you have any further questions.