SMILE DESIGN CENTER

Before Surgery Instructions

Blood thinners

Consult your physician regarding stopping your blood thinners, including aspirin, well ahead of your surgery. Do not stop them on your own.

Two weeks before your surgery, please stop

- Garlic supplements (garlic in food is fine)
- High-dose vitamin E (a regular multivitamin is fine)
- Herbal supplements such as ginkgo, ginseng and turmeric (regular tea is fine)

You can keep taking vitamin C — it helps healing.

On the day of your surgery

- If you were prescribed an antibiotic, start taking it **one hour before** your surgery.
- Enjoy a good breakfast or lunch before your surgery.
- Take your regular medications unless Dr. Bondar directs otherwise.
- Please do not wear makeup or head and neck jewelry.

Planning your recovery

- Do not schedule any important events, such as a presentation or party, during the recovery time, which typically lasts a week.
- Do not plan any strenuous exercise during the first week after your surgery.
- Swelling is usually worst on the third day after surgery and gets better every day after that. Occasionally swelling or bruising may last longer than a week.

Please call us at **(603) 427-0043** if you have any questions or concerns.

"I appreciate your trust and promise to do my best during your coming surgery. If you have any concerns or need more information, please do not hesitate to call immediately. We will respond in a timely manner."

Vitali Bondar, DDS