



PRE-OPERATIVE INSTRUCTIONS: Implant-Supported Full Arch

Please read these instructions carefully and follow them closely to help ensure a safe and successful surgery.

1. FOOD & DRINK (NPO GUIDELINES)

- **Do not eat or drink anything (including water) for at least 8 hours** prior to your scheduled surgery time.
- If you are scheduled for a morning appointment, **do not eat or drink after midnight** the night before.
 - If your surgery is in the afternoon, we will provide you with a specific cut-off time for eating and drinking.
- Failure to follow these guidelines may result in your surgery being **delayed or canceled** for your safety.

2. MEDICATIONS

- On the day of surgery, take any **medications we have prescribed for you**, as well as your **regularly prescribed medications**, with **small sips of water**—just enough to comfortably swallow pills.
- Unless otherwise instructed by Dr. Fryberg or your physician, **continue all regularly prescribed medications as normal**.
- **Do not stop or alter any medications** without direct instructions from our office or your prescribing physician.

3. CLOTHING & PERSONAL ITEMS

- **Wear comfortable, loose-fitting clothing** with short sleeves or sleeves that can be easily rolled up.
- Remove **nail polish, makeup, eyelashes, lip balm, and contact lenses** before arriving.
- Do not wear **jewelry, perfume, or strongly scented lotions** on the day of surgery.
- **Leave valuables at home**—you will not need them at your appointment.

4. TRANSPORTATION & ESCORT

- You must have a **responsible adult (18 years or older)** accompany you to the office, stay during the procedure, and drive you home.
- Your escort must remain on-site during the entire surgery.
- **You may not take a taxi, Uber, or public transportation** home alone after anesthesia.
- You should not be left alone for at least 4-6 hours after the procedure.

5. MEDICAL CONDITIONS & CHANGES

- Notify our office if you:
 - Develop a **cold, cough, sore throat, fever, or congestion** before surgery.
 - Have any **recent hospitalizations, medication changes, or new diagnoses**.
 - Are currently or may be **pregnant**.
- These changes may impact your surgery or anesthesia plan.

6. SMOKING, VAPING, & ALCOHOL

- **Do not smoke or vape for at least 48 hours before surgery**—ideally longer. Smoking not only increases surgical and anesthetic risks but also impairs healing and compromises long-term outcomes. For your safety and the success of your procedure, we strongly recommend quitting as early as possible. If you are unable to

quit completely, you must **abstain from smoking or vaping for a minimum of 48 hours prior to surgery** to reduce anesthetic risk.

- Avoid alcohol for at least **48 hours** prior to your procedure.

7. PREPARING YOUR HOME

- Plan to **rest the entire day of surgery**. Set up a **quiet, comfortable area** at home where you can relax and recover without interruption.
- Stick to a soft, non-chewy food diet like: Mashed potatoes, scrambled eggs, smoothies, yogurt, soup, or anything you can easily smash with your tongue on the roof of your mouth. Avoid: hard, crunch, sticky, or spicy foods.
- Have **ice packs ready and available** at home to help manage swelling during the first **48-72 hours**.

8. ARRIVAL TIME

- Arrive at least **15 minutes before your scheduled appointment time** unless instructed otherwise.
- Allow extra time for traffic, parking, etc. Being late may result in your surgery being delayed or rescheduled.

19. IF YOU HAVE QUESTIONS

- For any questions, concerns, or to clarify any details regarding your upcoming procedure, call our office at **(623) 304-7701**.
- If after hours, you may contact **Dr. Fryberg** directly at **(310) 595-4903**. Scan the QR code below to save his contact information to your phone.