DENTAL SURGICAL CLEARANCE

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**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of Surgery** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Pre-disposing Medical Factors**  **Complete this form if you may have dental surgery such as ● extraction ● bone graft ● implant placement ● periodontal laser therapy ● cavitation** | | | | | |  | | |
| **YES** | **NO** | **DK** |
| Recent cancer treatment (chemotherapy or radiation) | | | | | |  |  |  |
| Blood clotting conditions (sickle cell, med anemia, thrombophilia, hypofibrinolysis) | | | | | |  |  |  |
| Bone disorders (osteoporosis, osteopenia, hypercalcemia, Paget’s Disease, osteomyelitis, osteonecrosis) | | | | | |  |  |  |
| Immune system reactivity (allergies, hypersensitivity, mast cell activation, autoimmune disorders) | | | | | |  |  |  |
| Immune system suppression (recent vaccines, steroid therapy) | | | | | |  |  |  |
| Type I or II diabetes (including hypoglycemia or hyperglycemia) | | | | | |  |  |  |
| Metabolic diseases (kidney, liver, pancreas) | | | | | |  |  |  |
| Fear or anxiety that may require anti-anxiety medication | | | | | |  |  |  |
| **Pre-disposing Medical Drugs** | | | | | | **YES** | **NO** | **DK** |
| Antiresorptive agents > *Boniva, Fosamax, Actonel, Bonefos, Skelid* | | | | | |  |  |  |
| Antimetastatic drugs for breast cancer or multiple myeloma > *Zometa, Aredia, Didoronet* | | | | | |  |  |  |
| VEGF Inhibitors > *Avastin* | | | | | |  |  |  |
| RANKL Inhibitors > *Xgeva Prolia* | | | | | |  |  |  |
| Anticoagulants > *Coumadin, Warfarin, Pradaxa, Eloquist, Plavix* | | | | | |  |  |  |
| Hormonal Therapy > Birth Control Pills, Birth-induction Hormones, HRT */ Premarin,* Bioidentical Hormones | | | | | |  |  |  |
| Antacids > *Nexium, Prilosec, Pepcid, Tums* | | | | | |  |  |  |
| Recent IV Antibiotic, Antiviral or Antifungal *(Diflucan)* Therapy | | | | | |  |  |  |
| **Pre-disposing Natural Products Must be stopped prior to surgery** | | | | | | **YES** | **NO** | **DK** |
| Anticoagulant-inducing herbals > Nattokinase, Lumbrokinase, Ginseng, Gingko Biloba, White Willow Bark | | | | | |  |  |  |
| Hormone-inducing herbals > Black Cohosh, Dongquai, Chaste Tree | | | | | |  |  |  |
| Vitamin C (high levels over 1000 mg/daily) | | | | | |  |  |  |
| Blood thinning fats > Fish Oil, EPA-DHA | | | | | |  |  |  |
| **Nutrient Levels Must be in normal range for successful surgical and implant healing**  **Blood Tests**  **⬜** **Fibrinogen**  **⬜** **Vitamin D Levels** | | | | | | | | |
|  | **YES** | **NO** | **DK** |  | **YES** | **NO** | **DK** |
| Vitamin D3 supplementation |  |  |  | Magnesium supplementation |  |  |  |
| Vitamin K2 supplementation |  |  |  | Folate supplementation |  |  |  |
| Zinc supplementation |  |  |  | Albumin supplementation |  |  |  |

Supplements

**WHAT to DO** > Take the following

* **D3** | 400 IU per day
* **Folate** | 400 - 800 mcg
* **Calcium (as bisglycinate)** | 1000 mg
* **Magnesium (malate or glycinate)** | 500 mg
* **TMG (Trimethyl Glycine)** | 100 mg
* **Boron (amino acid chelate form) |** 2mg
* **Copper Sulfate** | 1.5 mg
* **Vitamin B6** | 15 mg

*essential to take*

Medication

**WHAT NOT to DO** >Stop taking the following

* **Vitamin C**
* **Aspirin and natural anticoagulants**
* **Anticoagulant drugs** (*Coumadin, Plavix* or other anticoagulant) should have been  
   stopped 3 - 5 days prior to surgery – do not retake until the day after surgery  
   (patient must be under the care of a physician)
* **Coffee, black tea and any form of sugar**
* **Omega 3** (found in fish oils) or NSAIDS (Aspirin and Advil based medications)  
   3 days prior to surgery or blood may not coagulate

**Day of the Surgery** | **Instructions**

* **Eat a full meal containing protein the morning of your surgery** (or any dental procedure)
* **Do not fast or skip breakfast** – you risk passing out
* **Be well hydrated** –green juice water,cactus water (best) or coconut water
* **Wear your mouth guard before and after the surgery** for up to 3 months to prevent ischemia (death of cells) of the bone