



Information for Patients and Caregivers

1. Dr. Lagos **recommends a serum biocompatibility test prior to scheduling an appointment.** You can start making arrangements to have this biocompatibility test done already. Although this test is optional, it is highly recommended, especially if you have sensitivities to dental materials. The results will serve as a consulting tool to help Dr. Lagos select the least reactive dental materials to your immune system. Exempted from this recommendation are patients who are **only coming for** extraction of wisdom teeth and cavitation surgery on the sites of extracted wisdom teeth. For more information about this test please call ***Biocomp Laboratories* toll-free number: (800) 331-2303**, or visit their website at: <https://biocomplabs.com>

2. **The physical address to the Center for Biological Dentistry is:**
Ave. Paseo del Centenario 9580, Suite 2102,
Zona Urbana Río Tijuana, Tijuana, B.C., 22010

The mailing address continues to be:
P. O. Box 210513
Chula Vista, CA 91921 U.S.A.

Dr. Lagos' office phone number continues to be: (619) 879-3131

3. **Nutritional Supplements.** When scheduled for a **dental revision****, patients should begin taking the following one or two weeks prior to their appointment date:

- Vitamin C, optimally liposome-encapsulated, 2 packets daily
<http://www.livonlabs.com>
- And/or one or two capsules of sodium ascorbate powder, 2 or 3 times daily (multiple brands)
- Magnesium chloride, 500 mg once or twice daily (multiple brands)
- Vitamin D3, 5,000 units daily (Multiple brands, including Life Extension)
- Olive leaf extract, one capsule 2 or 3 times daily (multiple brands)
- *Two Per Day* multivitamins/multiminerals from Life Extension Foundation – **(Take only one per day)**
- Digestive Enzymes (multiple brands)

Patients should stop taking Vitamin C two days prior to their dental appointment and resume taking it after treatment.

4. **Appointment Reservation Deposit.** Patient appointments can range from half a day to five consecutive days. Dr. Lagos provides this very unique system to meet the needs of 95% of his patients who travel from long distances. On previous occasions patients have cancelled their appointments one or two days prior, leaving us with unfunded financial obligations in the form of professional services and other incurred expenses. To prevent this from reoccurring our center requires a deposit of \$250 dollars per day reserved. **This deposit should be made in the form of a cashier's check or Zelle. Contact us if you prefer to send your deposit via Zelle so we can give you the information you need.** This amount will be credited towards your account balance. The amount can be used towards the patient's treatment or refunded as long as the reservation is cancelled or postponed at least three weeks prior to the appointment. **Cashier's checks should be made payable to *Center for Biological Dentistry*** and sent to the following U.S. mailing address:

**Dr. Ezequiel N. Lagos
P. O. Box 210513,
Chula Vista, CA 91921-0513.**

5. **Payment Method for Treatment.** Payment is due at the time of checking in on the first day of treatment **in the form of cash or cashier's check only. Please make cashier's checks payable to *Center for Biological Dentistry*. We do not accept insurance.** The superior service and costs that we provide would not be possible if we billed insurance or accepted card payments. Thank you for your understanding.
6. **Lodging.** We recommend ***Quartz Hotel and Spa*** in Tijuana because it is next to our medical building. This arrangement provides convenience to our patients and their caregivers, removing the need for transportation from the hotel to our dental office. Quartz Hotel features 24-hour room service, free Wi-Fi, flat screen TVs, safes, small refrigerators as well as tea and coffee machines. Amenities include an outdoor pool, a fitness center, a spa with sauna, and a food court. Our patients can have their foods blended at the bar of the hotel during open hours. If extraction or cavitation surgery is in your treatment plan, it is very important that you don't travel on the day of the surgery. Any exercise or even vibration from car can delay, and even block, the healing of the surgery site. This is why we recommend that you stay at the Quartz, next to our medical building for at least one night following the surgery. The more you rest, the better.
Please let us know if you want to schedule your stay so that we can arrange a special rate for Dr. Lagos' patients. Depending on the rate of the peso exchange, the hotel charges about \$160 USD for a room.
Website: <https://www.quartzhotel.mx>
Reservations from the USA (855) 769-6970 or 0 - 11 - 52 - 664 - 862 - 8200
Email: info@quartzhotel.mx

7. Suggested apps to download on your smartphone prior to your visit:

- **Waze or Google Maps as a second choice.** Useful navigation tools
- **WhatsUp** – For free calls from Mexico to those who are in your phone contacts and also have the app installed on their phone.
- **Uber** – For local transportation other than the free hotel shuttle

8. International Shuttle Service: When planning your transportation we recommend flying to San Diego at least a day before your appointment. We also recommend arranging round trip transportation from the San Diego Airport to Quartz Hotel in Tijuana, and the return trip from Quartz Hotel to the San Diego Airport with Alex. Alex works independently from us, so you need to contact him directly. To request more information, or to make arrangements for transportation please call him at: (619) 829-5354 or direct dial to Mexico at 0-11-52-664-188-0697. You may also email him at alextrans-m@hotmail.com

Alex has been providing excellent transportation service to our patients for more than 20 years. The main advantage of using Alex's shuttle for transportation is that he is able to drive patients and caregivers back to the United States in much less time. His knowledge and experience can prevent you from waiting as long as two to three hours to cross back to the United States.

9. Local Transportation Service. The Quartz Hotel offers free shuttle service in Tijuana. Our medical building offers a free shuttle service for our patients to and from the border (on the Mexican side) as long as you reserve your ride ahead of time. We can help you with this.

10. U.S. Passport. American citizens are required to present a current U.S. passport when re-entering the United States. Non-U.S. citizens are required to present their current visa or crossing card.

11. What to Bring:

- comfortable clothes and a sweater or jacket for cool mornings and evenings.
- toiletries
- lip balm
- slippers
- glasses
- phone charger
- non-perishable snacks (can be purchased at convenience store in our building)
- bottled water (can be purchased at convenience store in our building)
- identification documents such as license and / or passport
- books or magazines
- earplugs and playlists of your favorite tunes

12. Preparation for Sedation. If your treatment includes conscious sedation please do not have anything to eat after 10:00 p.m. the night before each morning appointment, and if possible, avoid drinking any water until after treatment. You may have up to 5 ounces of water in the morning if you are thirsty. You will be able to eat blended or soft food after treatment each day.

13. Post-Surgery and Post-Cavitation Care for dental revision patients. At the end of treatment we will give you specific instructions for post-surgery and post-cavitation care. It is very important to follow the proper care in order to prevent negative secondary complications and speed up healing. Be prepared to follow these important guidelines after treatment. Among the instructions you can expect are:

- Sleep with your head elevated on the night of your surgery.
- Avoid spicy, fatty, or fried foods during the first 48 hours after surgery.
- Avoid alcoholic beverages for an entire week.
- Avoid exposure to direct sunlight for a prolonged period of time.
- Eat soft foods such as eggs, mashed potatoes, rice, etc. The Quartz Hotel next to us provides made to order soft food or smoothies and room service 24 hours a day. You can also ask the bar at the hotel to blend food for you.
- Even though taking five additional days to rest after surgery is the optimal protocol, it is imperative for patients to take at least one day off after surgery. Patients should plan to rest and avoid any strenuous physical activity during this time. In fact, any exercise (except very slow and short walks) or vibration from extensive car and plane travel can delay, and even block, the healing of the surgery site.
- Avoid strenuous exercise during the first three months after surgery.
- Avoid travel on the same day of dental surgery. Even if another person has been designated to drive, we recommend that you **wait until the day after the surgery to return home.**

**** Total Dental Revision, or TDR is a complete removal of all sources of dental toxicity, including:**

- Replacement of mercury amalgams with biocompatible composite fillings.
- Replacement of crowns with more biocompatible materials.
- Extraction of root canal treated teeth with removal of all surrounding infected ligament and bone.
- Complete removal of dental implants.
- Complete cleaning of all cavitations.

The Center for Biological Dentistry is conveniently located in New City Medical Plaza, just 550 yards from the San Diego border, adjacent to the Quartz Hotel

Our Phone Number is: (619) 879-3131

For more information, please visit our website:
www.biologicaldent.com



Scan to find us on Facebook:
Dr. Ezequiel Lagos, Center for Biological Dentistry



New City Medical Plaza



Entrance to New City Medical Plaza



Quartz Hotel – Adjacent to
New City Medical Plaza



Our office floor