

Please read these instructions carefully in order to prevent complications and to ensure the best results possible.

Periodontal Pre-surgical Instructions:

1. Please maintain your excellent level of oral hygiene, both prior to and following surgery.
2. Remember to take all prescribed medications, especially blood pressure and/or heart medications the day of your surgery.
3. If you usually pre-medicate with antibiotics before dental procedures, you will need to do so. Your periodontist may recommend that you continue antibiotic coverage until we remove the sutures. Please ask us about this.
4. **Blood Thinners:** Please *consult* your periodontist for instructions regarding prescribed blood thinners such as: Aspirin, Coumadin, or Plavix.
Avoid Vitamins: E, A, Niacin, and fish oils, Ginko-biloba. These medications can cause excessive bleeding, swelling, and bruising. Tylenol is ok.
5. If you are diabetic you may need to reduce your insulin the day of surgery. Please consult your periodontist for specific instructions.
6. Please wear short sleeved clothing, so that we may reach your upper arm with ease in order to take your vital signs prior to your surgery.
7. For morning surgical appointments: please do not have any food (water/juice OK) after midnight the night before.
For afternoon surgical appointments: please do not have any food (water/juice OK) after breakfast.

If you are taking an oral sedative prior to your surgery:

1. You will need an adult companion to drive you to and from your appointment and stay with you for the remainder of the day. You cannot drive a vehicle until the next day. Minors must be accompanied by an adult.
2. PLEASE ALLOW ORAL SEDATION TABLETS TO DISSOLVE UNDER YOUR TONGUE

Following Periodontal Surgery:

1. Most people use pain medication the first day but often report they do not need any more after 24 hours. Expect to have slight to moderate swelling and bruising the first 10 days after your appointment.
2. For the first few days and up until one week we recommend that your diet consist of cold and soft foods. The next day you may eat whatever is comfortable, but most patients stay on a semi-soft diet, bland diet for at least a few days.
3. Further instructions will be given to you on the day of surgery.

Because our main concern is your personal comfort, we invite you to tell any of our team members if there is something special we can do to make your experience more pleasant. For your listening enjoyment, you might want to bring in your music with headphones for use during your scheduled procedure.

Cancellation and re-scheduling policies:

Because surgery time is so valuable, two week's notice is required to change or cancel a surgery appointment. Less notice will result in a forfeit of your deposit.