

## Pre-Surgical Instructions For Periodontal Surgery

- No aspirin for 7 days prior to surgery. Advil and Tylenol products are acceptable.
- Please stay well hydrated the day prior to your appointment.  
Please eat a nutritional meal prior to your appointment unless you are being sedated. If you are using any form of non-IV sedation a light meal is recommended. (Halcion or Nitrous Oxide) **If having IV surgery, Do not consume any food or liquids after midnight the night before your morning surgery, or after 8 am on the day of your afternoon surgery.**
- Normally, you will be able to drive home unattended following your surgical appointment. If you tend to faint easily or are prescribed an oral sedative (Halcion), you need an escort to drive you home.
- Try to schedule your surgery so that you can rest for the duration of that day. It is not recommended to return to work, school, or other responsibilities on the day of surgery. To minimize any possible bleeding problems, the rule of the day is “no physical exertion”. Wear comfortable clothing for the surgical appointment.
- When planning your diet for the first day or two following surgery, try to avoid **hot** foods or liquids, such as soup or coffee. Nutritional drinks such as Carnation Instant Breakfast or Ensure are recommended to supplement your dietary requirements.
- All necessary drug prescriptions will be provided prior to your procedure and should be filled before your treatment appointment.
  - ❑ Antibiotic pre-medication if needed.
  - ❑ Pain medication. We routinely prescribe non-narcotic, anti-inflammatory pain medication. These work extremely well and do not interfere with your ability to work, drive, or react safely. You should take one tablet 1 hour prior to surgery, and then will be advised to take 1 tablet every 6-8 hours for the first 2 days. Thereafter Advil or Tylenol may be sufficient. When appropriate, stronger narcotic pain medications may also be prescribed as a backup.
  - ❑ Peridex Rinse will be prescribed as an anti-plaque rinse to keep your mouth clean and disinfected until you can resume normal brushing and flossing.
  - ❑ Occasionally an antibiotic will be given in an effort to minimize the risk of post-operative infections and promote faster healing.
  - ❑ Oral medication for pre-surgical sedation.

Our intention is for this surgical experience to be a pain-free procedure. You will be anesthetized with local anesthetic as you would for any other dental procedure. Nitrous Oxide (laughing gas) is available and can be used during your surgery should you feel extremely nervous. Our office provides stereo headphones to listen to during the surgery. If you have any preferred music CD's, MP3, or I-pods, please feel free to bring them with you to enjoy during the procedure.

We look forward to helping you achieve better periodontal health, and strive for you to have a positive treatment experience. Thank you for reviewing the above pre-surgical information. At your surgical appointment, you will be given more specific post-operative instructions, and the doctors' contact information. In the meantime, please feel free to contact our office to clarify any questions you may have regarding your upcoming surgery

Surgical Appointment: \_\_\_\_\_  
Day Date Time