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## Pre-Surgical Instructions

- Wear comfortable clothing for the surgical 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. (Nitrous Oxide)
- Normally, you will be able to drive home unattended following your surgical appointment. If you tend to faint easily or doing IV sedation, you must have an escort drive you home.
- Try to schedule your surgery so that you can rest for the duration of the 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".
- All necessary drug prescriptions will be provided prior to your procedure and should be filled before your treatment appointment. Please refer to the Prescription Instructions sheet given in your folder.
- No Aspirin for 7 days prior to procedure
- **DO NOT wear heavy make-up, perfume, cologne or jewelry during your appointments.**
- Avoid hot foods and liquids for 24-48 hrs. Cold, soft foods and liquids are recommended.

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 nervous. Our office provides stereo headphones, for FM radio, to listen to during the surgery if you request. If you have any preferred music CD's, MP3, or I-Pods, Phones 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.