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**PRACTICE LIMITED TO PERIODONTICS AND IMPLANTS**  
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## **PRESURGICAL INSTRUCTIONS FOR ORAL SURGERY**

Please read these instructions *before* your surgical appointment

### **One week before your surgical appointment:**

- 1. Medications and medical conditions:** Please inform the doctor of your medical health status and any medications you are taking since they can interact with medications that we will prescribe for you. If you take **aspirin** for any reason, please inform the doctor since aspirin is a blood thinner. *Please do not take aspirin for 7 days before your appointment until 7 days after* unless you take aspirin for a medical necessity. If you do take it for a medical necessity, discontinue it *if* you have authorization from your medical doctor. If you cannot stop taking aspirin, please notify us at least 1 week before the surgery to see if it can still be done.
- 2. Work and family schedule:** After surgery you need to rest and take it easy for a couple of days (ideally 7 days after surgery for sport activities and strenuous activity). Inform your employer, family and friends of your surgery so you can plan for a lighter work and social schedule.
- 3. Diet:** After surgery it is recommended you avoid the surgical site and also to stay on a soft diet. Get some special foods. “Meal in a glass” drinks (Ensure, Slim-fast, Instant breakfast, Boost), Ensure makes a product called Glucerna for diabetics. cottage cheese, eggs, yogurt, custard, Jell-O, soup, cooked cereals. Remember it is important to keep yourself hydrated after surgery. Make out a menu and get “soft” foods ahead of time.
- 4. Sedatives:** If we give you a sedative to take one hour before the appointment you must make arrangements to have someone to drive you to and from our office the day of the procedure, and stay with you a few hours after you get home.

### **Night before surgery**

- 1. Medications:** Take all your routine medications unless your medical doctor has authorized you not to. Remember, if your medical doctor OK'ed being off of aspirin, do not take aspirin.
- 2. Recreational drugs and alcohol:** We do not advocate recreational drug use. However, for the protection of our patients, it is our duty to inform you this can negatively interact with medications given in our office and your healing response from procedures performed can be affected. The combination of cocaine and local anesthetics can be deadly. Please limit the amount of alcoholic beverages and avoid recreational drugs during all phases of periodontal therapy.
- 3. Sedatives:** If you were given a sedative to take starting the night before, take it after your meal before you go to bed. It is important to remember that if the sedative was given to you to take the day of the surgery you will need to have someone drive you to and from our office so remind the person who will be driving you.

### **Day of the surgery**

- 1. Foods:** Unless directed otherwise, have something light to eat before your surgery.
- 2. Medications:** Be sure to take all the medications that you take normally prior to your appointment. Remember if you require antibiotic pre-medication (take antibiotics before you see a dentist) please take them one hour prior to your scheduled procedure.
- 3. Clothing:** Wear comfortable clothing.
- 4. Driving:** If you are not taking a sedative for the procedure you can drive yourself to and from the office. In the case that you are taking a sedative it is mandatory that you have someone to drive you to and from the office. Please go directly home and rest following your surgery. Sleep with your head propped up, like use a recliner chair. Use cold-pak as instructed in the post-op sheet.
- 5. Nightguard / any removable appliances or retainers:** If you wear a nightguard, any removable partial denture, or orthodontic retainer, please make sure you bring it in on the day of the surgery.