



PRE-SCALING AND ROOT PLANING INSTRUCTIONS

1. Please inform this office of all routine medications that you are currently taking, including herbal supplements. Take all routine medications as prescribed by your physician unless instructed by them otherwise.
2. Please inform this office if you are taking any other anticoagulant medications, i.e. Plavix, Coumadin, etc. Please inform this office if you are taking any type of bisphosphantes, i.e. Boniva, Fosamax, and Actonel prior to your dental appointment.
3. Consult with your medical doctor about the need to discontinue aspirin and any blood thinning medications for one week prior to your scaling and root planing appointment.
4. Discontinue the following herbal medications or supplements one week before your scaling and root planing: garlic, ginger, ginseng, ginko, and vitamin E.
5. Take any prescribed antibiotics prior to your dental appointment for a history of bacterial endocarditis, specific heart conditions, or joint replacement such as prosthetic hip or knee, as prescribed by your physician or orthopedic surgeon.
6. Please inform this office of any allergies, including medications.
7. Eat a LIGHT meal (avoid heavy and greasy foods) prior to your scaling and root planing appointment.
8. You should consider taking 200mg to 400mg of Advil (Ibuprofen) approximately ONE HOUR BEFORE your scheduled scaling and root planing appointment unless unable to take this medication per your medical doctor's advice.
9. It is recommended to eliminate "crunchy-munchy" foods, i.e. popcorn, chips from your diet the first two days following scaling and root planing. A nutritionally balanced diet is essential for your overall well-being, gaining more rapid healing.
10. You may bring an I-Pod, MP-3 player, or CD player, if you wish.