



## **PRE-SURGICAL 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 bisphosphonates, 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 periodontal surgery appointment.
4. Discontinue the following herbal medications or supplements one week before your periodontal surgery: garlic, ginger, ginseng, ginkgo, 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 surgical appointment UNLESS you are scheduled for IV conscious sedation. If you are scheduled for IV conscious sedation in conjunction with your surgical appointment, please do NOT eat four to six hours prior to the dental appointment.
8. You should consider staying home the day after surgery and refrain from any exercise. Please make prior arrangements at work/school to take off the day of the surgical procedure and the following day.
9. You should seriously consider having someone drive you to and from the dental office on the day of your surgery. An escort (a responsible adult) is REQUIRED for patients utilizing oral or IV conscious sedation. The escort must accompany the patient to the office, remain in the office during the procedure, and drive the patient home. The patient having oral or IV conscious sedation should not drive or operate machinery for 24 hours following the anesthesia experience.
10. It is recommended to plan for a very soft diet following surgery. A nutritionally balanced diet is essential for your overall well-being, gaining more rapid healing. Very soft foods are recommended for the first few days. It is also recommended that you drink plenty of fluids. Do not drink hot fluids the first day. Please eliminate all “crunchy-munchy” foods, i.e. popcorn, chips, peanuts from your diet for the first week.
11. You may bring an I-Pod, MP-3 player, or CD player, if you wish.
12. Comfortable clothing is recommended. Sleeves that can be rolled up past the elbow is recommended for patients to have IV conscious sedation.
13. If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office.