



Periodontal Surgery Pre-Operative Instructions

To make your treatment as comfortable and effective as possible, it is important to observe the following instructions.

1. **Plan to arrive approximately 15 to 30 minutes early.** This will allow enough time to complete any necessary paperwork and to give yourself a few minutes to "cool-down" before your appointment. A restroom break is also important, as you may be reclining in a dental chair for up to two hours.
2. The night before your appointment eat a nutritional meal and get a good night's sleep.
3. If IV sedation is to be administered at your appointment, you may **NOT** have anything to eat or drink (including water) for eight (8) hours prior to the appointment.
4. Take any medications you usually take in the morning (such as blood pressure medicine), with a small amount of water, before coming in for your dental appointment, unless otherwise advised.
5. Avoid drinking alcohol for 24 hours prior to your appointment.
6. Smokers do not heal as well as non-smokers and delayed healing complications can occur. If you smoke plan to avoid smoking for a least the first two weeks afterward. Now is a good is a good time to consider quitting.
7. Avoid aspirin products for one week prior to your appointment, unless under your medical doctor's advice not to.
8. Wear comfortable clothing that is loose enough to permit blood pressure cuffs and other monitors to be applied. Ladies, please do **NOT** apply lipstick or make-up, as this may contaminate the surgical field. Also, ladies who have been prescribed Halcion or will receive IV sedation should not wear fingernail polish as it will make monitoring of your pulse and oxygen level impossible.

9. **Plan to be quietly at home the remainder of the day after surgery, and take it easy for the next** several days. Do not plan physically strenuous activities during that period.
10. It is very important to stay well hydrated and nourished following surgery.
11. **This is no time for dieting.** Have soft and nutritious foods such as instant breakfasts, soups, scrambled eggs, ice cream, tuna salad, and yogurt available following the treatment, as well as "Gatorade" or other sports drinks to use for the first few days.
12. Please remember to turn off your cell phone. You will not be able to answer a call and ringing phones are a distraction to the staff.
13. **If you have been given a medication to relax you (Xanax or Halcion), a responsible adult must drive you to the office.**
14. Post-operative medication will be given as necessary. Please take all medications as directed and read the pharmacy directions.
15. If you experience a change in your health prior to your surgical appointment, especially an upper respiratory infection, severe allergies or fever it is very important you notify us immediately. Your safety and comfort is a paramount concern to us, therefore your appointment may be postponed for another day. If possible, inform the office of any change in health immediately.
16. If you have any questions about the planned treatment, please call (904) 737-2040.

Post Sedation Guidelines

If you were given oral medication for relaxation, this will remain in your body for approximately 24 hours. You may feel dizzy or lose your sense of balance; your fine muscle control may be changed, and your judgment will be affected. Your reaction time such as in driving a car will be slowed. You may not recognize any of these changes.

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1. **Do NOT** DRIVE.
2. **Do NOT** use potentially DANGEROUS appliances or equipment (stove, lawnmower).
3. **Do NOT** make sudden position changes after surgery. This can cause nausea and dizziness, move slowly and take your time.
4. **Do NOT** make any important decisions- you may change your mind tomorrow.
5. **Do NOT** DRINK alcoholic beverages; the drug may cause your reaction to alcohol to be potentially dangerous.