

Pre-Operative Instructions

You should receive your pre/post-operative prescriptions with this instruction sheet. For your convenience, please have them filled prior to your scheduled surgery, unless they have been previously phoned into the pharmacy of your choice. Please bring your filled prescriptions with you to your appointment.

It may be important to stop taking aspirin and non-steroidals such as Motrin and Advil, 7-10 days prior to your surgery. If you are taking Coumadin or another blood thinner, you may need to discontinue them as directed by your physician. If you take antibiotic premedication, please take it as directed before your surgery. You will feel better if you have eaten prior to surgery. We keep the office cool, so dress warmly. You may bring your iPod or MP3 player with you if you like.

In order to evaluate your progress and healing, we will see you for weekly post-operative checks during the first 1-5 weeks. In most cases, after surgery we will also look forward to seeing you back for a periodontal maintenance cleaning and an examination of tissue maturation about 10-12 weeks following the surgery.

Antibiotics

Please alert the office to any allergies or sensitivities that you might have to antibiotics. You will be prescribed an antibiotic if our doctor determines it to be necessary. Take as directed until gone. It is advisable not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

Sedatives

If you elect to use one of the following oral sedatives you must have a ride to and from the office. Please bring your remaining tablets with you. Remember, we encourage you to eat prior to your surgery.

- Ativan (Lorazepam)
- Valium (Diazepam)
- Triazalam (Halcion)

Food Suggestions

When preparing a post-op menu, please consider some of the following choices:

- Ensure/Slim Fast
- Soups
- Pudding
- Rice
- Apple Sauce
- Oatmeal
- Macaroni & Cheese
- Mashed Potatoes
- Jell-O
- Bananas
- Yogurt
- Pasta
- Milk Shakes
- Casseroles
- Eggs
- Fish
- Cottage Cheese