



## PERIODONTAL PRESURGICAL INSTRUCTIONS

*Please read the following instructions carefully  
to prevent complications and to ensure the best outcome.*

1. Please maintain your excellent level of oral hygiene, both prior to **and** after surgery.
2. Remember to take all prescribed medications, especially blood pressure and/or heart medications the day of your surgery. However, avoid diuretics if you will be sedated.
3. If you usually pre-medicate with antibiotics before dental procedures, you will need to do so. Dr. Roberts may recommend that you continue antibiotic coverage until we remove the sutures. Please ask us about this.
4. **BLOOD THINNERS:** Please consult Dr. Roberts for instructions regarding prescribed blood thinners, such as Aspirin, Coumadin, or Plavex. **One week prior to surgery avoid anti-inflammatories:** Ibuprofen (Advil), Naprosyn, (Aleve), Aspirin (Anacin). **Avoid Vitamins:** Niacin, E, A, and fish oils, Ginko-biloba. These medications can cause excessive bleeding, swelling, and bruising. Tylenol is OK.
5. If you are diabetic you may need to reduce your insulin the day of surgery. Please consult Dr. Roberts for specific instructions.
6. If you are **not** having sedation, we recommend a light meal prior to surgery.

### IF YOU ARE HAVING SEDATION

1. You will need an adult companion to drive you home and stay with you a few hours until the sedation wears off.
2. To avoid nausea, **do not have anything to eat four hours prior to surgery.** You may drink clear liquids up to 2 hours prior to surgery.

3. Do not wear contact lenses during the surgery. Sedatives can make your eyes dry.
4. **Avoid Diuretics** (water pills) the day of surgery
5. Please wear short or loose sleeved clothing

**FOLLOWING PERIODONTAL SURGERY:**

1. Most people use pain medication the first day but often report they did not need any more after 24 hours. For several weeks following surgery, teeth may be sensitive to cold and gums may be tender when eating or brushing. Swelling and/or bruising can occur.
2. For the first day we recommend that your diet consist of cold and soft foods. The next day you may eat whatever is comfortable, but most patients stay on a semi-soft, bland diet for at least a few days.
3. Some of our patients have found that the homeopathic remedy Arnica 200c has been beneficial in minimizing bruising and swelling. Starting the day prior to surgery, dissolve one tablet under the tongue every 4-5 hours for 4-5 days.

Because our main concern is your personal comfort, we invite you to tell any of our team members if there is something special we can do to make your experience more pleasant.