



Capital Periodontal
ASSOCIATES, P.A.

William T. Baldock, DDS, MS

PATIENT INFORMATION
PRE-SURGICAL INSTRUCTIONS

DIETARY RESTRICTIONS - Eat a well-balanced, protein-rich, meal **the night before** your surgery. Please restrict your diet to **clear liquids** for three **(3) hours prior** to your appointment. If you are diabetic, hypoglycemic, or if missing a meal causes weakness or dizziness, let us know your particular needs. **Please avoid caffeine beverages** such as coffee, tea or soft drinks for **(3) hours prior** to the appointment.

DESIGNATED DRIVER – **Since you will be sedated**, please arrange for someone to pick you up and drive you directly home following surgery. Arrange to have someone available to check on, or stay with you, at home after surgery.

MEDICATIONS - Take any daily **prescription medications** as prescribed unless otherwise instructed.

If you take **antibiotic medication** prior to dental treatment, take your usual pre-medication and be sure that we are informed.

If you use aspirin daily, discontinue use seven (7) days prior to the procedure. (If aspirin or other blood thinning medications are prescribed by your physician, please discuss this with us one week prior to your appointment.)

Refer to the Post Operative Medication Sheet for medication instructions following surgery or treatment.

COMFORT – Your comfort is important to us. – Dress comfortably (casually). Please wear clothing that will allow access to the upper arm for the sedative injection and for blood pressure monitoring.

You may bring your own music or I-Pod on the day of surgery, or you may listen to ours, during surgery.

ANXIETY MANAGEMENT – Dr. Baldock and his staff recognize that managing anxiety is important for successful dental treatment. In an effort to reduce emotional distress, Dr. Baldock may recommend prescription anxiety treatment in addition to offering various spa amenities and relaxation techniques during your surgical appointment. Once you arrive on the day of surgery, you are welcome to enjoy one of our spa amenities including a paraffin treatment and/or hand massage, prior to your surgical procedure. You will also be offered a massaging pillow for your lower back, a warmed blanket and a therapeutic eye mask. Following your surgery, you may also enjoy ice cream and a moist towelette for your added comfort.

WHAT TO EXPECT - Following any type of surgery, some **discomfort** is to be expected. The actual amount of discomfort will vary due to the extent of surgery, individual healing responses, and individual pain tolerance. You should plan on resting for the remainder of the day after surgery and the following day or two. Plan to have a light schedule for up to 4 – 5 days following surgery.

Following bone graft surgery, you may notice “sand-like” particles near the surgical site. Following laser surgery, the tissues may become more tender 2 – 3 days following the procedure.

Sensitivity to hot, cold and sweets may occur following surgery. The sensitivity, when it occurs, takes some time to resolve and is usually treated through good plaque control, use of a desensitizing toothpaste and fluoride applications.

The level and/or appearance of the gums often changes following periodontal surgery. If you have any questions or concerns about these changes, please contact our office at **(850)942-8111**.