

PATIENT INFORMATION PRE-SURGICAL INSTRUCTIONS

- **PRESCRIPTION MEDICATION** - Take any prescription medications as you would normally do unless otherwise instructed.
- **ANTI-BIOTIC MEDICATION** - If you take anti-biotic medication prior to dental treatment, take your usual pre-medication and be sure that we are informed.
- **ASPIRIN** - 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.
- **ATTIRE** - Dress comfortably (casually). Please wear clothing that will allow access to the upper arm for the sedative injection and for blood pressure monitoring.
- **SEDATION - If you are to be sedated**, restrict your diet to **clear liquids** only for six (6) 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 prior to the appointment.

Designated Driver - If you are to be sedated, please arrange for someone to pick you up and drive you directly home following surgery. We have a beeper available to notify the person who will be responsible for your transportation home. Arrange to have someone available to check on or stay with you at home after surgery.

- **MEALS** - Eat a well-balanced protein-rich meal **the night before** your surgery.
- **WHAT TO EXPECT** - Following any type of surgery, some **discomfort** is to be expected. The actual amount of discomfort will vary because of the extent of surgery, individual healing responses, and individual pain tolerance. You should plan on resting for the remainder of the day of surgery and the following day or two. Plan to have a light schedule for 4 – 5 days following surgery. (This isn't always necessary but should be allowed for.)
 - Following bone graft surgery, you may notice “sand-like” particles. 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 any of the above concerns you, please let us know.

POST-SURGICAL INSTRUCTIONS

Capital Periodontal Associates, PA

MEDICATIONS – If antibiotics are prescribed, please take as instructed until completed. Use pain reliever as needed. Take medications with a full glass of water at room temperature, preferably after some food has been eaten. If you are of childbearing age and are on birth control pills, you should be informed that antibiotics may interfere with their effectiveness. Please take additional precautions while you are taking the antibiotic medication. It is best to start with prescribed medication within one hour following surgery. Ibuprofen or acetaminophen may be utilized in between your prescribed pain medication. Let us know if any of the medications disagree with you in any way. If you have a sedative injection, the injection site may become sore. Warm, moist heat applied to the injection area can help.

SUTURES AND SURGICAL BANDAGE – If sutures and surgical bandages were used, they are expected to remain in place until your return to the office for your first post-op visit. **NOTE:** It is normal for dissolvable sutures to begin to melt before your first post-op visit. The surgical bandage may come loose or a sizable portion may come off. If so, please **do not** place it back in position. Instead, use a cotton swab dipped in Peridex to gently clean the exposed area. Be sure to gently clean food out from between teeth after meals. Let us know if you have any discomfort.

SWELLING – Swelling and discoloration in varying degrees may follow oral surgical procedures. The use of ice packs (on the day of surgery only) will help diminish the amount of swelling that may occur one to three days following surgery. Alternating ice packs “on and off” for 15 to 20 minute intervals (or alternating sides of the face) is recommended. **DO NOT USE HEAT UNDER ANY CIRCUMSTANCE.**

BLEEDING – Some bleeding or oozing following oral surgery is not unusual. Avoid vigorous or strenuous activity during the first 24 hours following surgery. Avoid vigorous rinsing and forceful spitting as these tend to prolong or increase bleeding. Keep head elevated slightly rather than lying flat. If bleeding persists, use a cold, damp tea bag applied directly to the site of bleeding. If bleeding persists, call the office immediately.

HYGIENE – We recommend gently Peridex/PerioGard (prescription) rinses or swabbing two or three times a day following all procedures. Gently brush the tongue and chewing surfaces of the teeth with a soft toothbrush to keep the mouth as clean as possible. During post-operative visits, oral hygiene instructions will be given for each phase of healing.

TOBACCO AND ALCOHOL – Tobacco and alcohol use should be kept to the very minimum. Smoking is an irritant to healing tissues and may slow down or affect the healing process. Alcohol should not be used in combination with pain medications and can inhibit the effectiveness of antibiotics as well.

POST-SURGICAL INSTRUCTIONS Continued
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NUTRITION – It is important to maintain a nutritious diet during the post-op phase since people who eat well will usually feel better, have less discomfort and heal faster. During the first 48 hours following surgery, hot foods or liquids should be avoided. Warm, cool or cold temperatures are best. You may want to consider eating four or five smaller meals daily rather than two or three large meals. A soft diet that is well balanced and high in protein is recommended. Dietary supplements such as Ensure, Boost, etc., are good choices if a well-balanced diet is difficult to follow. Cooked cereals, cooked vegetables, soups, pasta, soft breads, pudding, yogurt, baked or broiled fish or chicken, eggs and ice cream can satisfy hunger and are suitable for a soft diet. Avoid very spicy or acidic foods which can irritate the tissues. Also avoid foods that are crunchy, chewy or fried, and food with small, hard seeds which can work their way into surgical sites.

ADEQUATE FLUID INTAKE IS IMPORTANT. Be sure to drink liquids as much as possible for the first few days. A low grade fever can sometimes indicate inadequate fluid intake. If a temperature rise of over two degrees occurs, please call the office.

VITAMINS – We encourage your use of daily multi-vitamins/mineral supplement.

***If questions arise, or if you are concerned about the condition of your mouth,
please call our office at (850)942-8111. After hours, call:
Dr. Baldock (850)893-6625-home.***