



GENERAL DENTISTRY

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Patient Instructions for Before Surgery

These guidelines will help you prepare for and recover from periodontal surgery. While there is no guarantee that any surgery will be totally successful, our entire staff is committed to making your treatment as painless and as effective as possible. Following these instructions will give you the best chance to have the best result.

Preparing for Periodontal Surgery

1. Arrange transportation if being sedated.
2. NOTHING TO EAT 6 HOURS PRIOR TO SURGERY. YOU MAY ONLY DRINK WATER PRIOR TO SURGERY.
3. Start prescribed antibiotic one day before surgery. On the day of surgery, please take the antibiotic as follows: Patients scheduled for morning appointments are to take the antibiotic a couple hours after surgery. Patients scheduled for afternoon appointments are to take antibiotic first thing the following morning. Finish all antibiotics prescribed. No alcohol during antibiotic series.
4. Start prescribed pain medication one hour before surgery appointment with a piece of dry toast or five to six crackers. This is the exception to no food allowed.
5. NO BRUSHING ON IMPLANTS.
6. Wear loose, short sleeved, comfortable clothing for your appointment.
7. Women should not wear lipstick, makeup, or nail polish.
8. DO NOT PLAN ANY PHYSICAL ACTIVITY FOR THE DAY OF SURGERY OR THE DAY AFTER. PREPARE TO TAKE TIME OFF FROM WORK.
9. No smoking 12 hours before surgery or 48 hours after surgery.
10. For 48 hours after surgery no drinking through a straw, spitting, and limited talking. You may talk, but keep it to a minimum.
11. Have ice packs available to reduce swelling for the day of surgery only.
12. For 48 hours after surgery you will be on a cold liquid diet only. Items such as ice cream, yogurt, jello, fruit juices, and applesauce are appropriate. Supplement shakes such as Ensure, Boost, and Slim Fast are also good.
13. If taking aspirin, or any form of blood thinner, you must discontinue 5 days prior to surgery.
14. Plan to sleep with your head elevated for the first night following surgery.