



## PRECISION

PERIODONTICS & IMPLANTOLOGY

### PRE-OP INSTRUCTIONS

Keep in mind that periodontal (gum surgery) is a minor procedure and should be considered a routine dental procedure. Please read the following instructions prior to your surgical appointment:

1. Wear loose, comfortable clothing.
2. Do not plan a busy work schedule the day of surgery or the next day. Please advise us if you plan to travel out of the city after surgery, since this may affect scheduling and the type of suture material used.
3. Take your medication(s) as prescribed by your physician at your normal time.
4. Herbal supplements, such as ginkgo biloba, ginseng, garlic and vitamin E can prolong bleeding and should be discontinued two to three days before surgery.
5. Recent research has shown that pre-treating with nonsteroidal anti-inflammatory drugs (NSAIDS) reduces and delays the onset of post-operative pain. Examples of NSAIDS include ibuprofen products, such as MOTRIN, NUPRIN and ADVIL. Consider taking 600 mg of ibuprofen one hour prior to your scheduled appointment if you can tolerate these products. **(DO NOT take Ibuprofen or NSAID's if you are on a blood thinner like Plavix, Warfarin, Eliquis, Xarelto etc).**
6. Oral sedatives are available to help alleviate anxiety and, therefore, enhance your comfort level during any procedure. The most commonly prescribed oral sedatives are Halcion® (triazolam) and Ativan® (lorazepam), and they may have an amnesic effect. If prescribed, follow the instructions on the prescription. It is imperative that a responsible adult bring you both to and from the office for your procedure. Please make the appropriate arrangements before your appointment.
7. Have a light nutritious meal several hours prior to your appointment.

APPOINTMENT DATE \_\_\_\_\_ TIME \_\_\_\_\_