

Pre-Operative Instructions for Periodontal Surgery

1. Periodontal procedures are performed with a local anesthetic similar to what your general dentist uses for routine dental procedures. We will also prescribe an oral sedative similar to Valium to take before you come to the office to make you relaxed. Arrange to have someone drive you to and from your appointment.
2. We will phone in your medications to your pharmacy 1 or 2 days before your procedure. These medications may include one or all of the following:
 - A. A mild **oral sedative** (similar to Valium or Xanax) which will be taken one to two hours prior to the procedure to make you relaxed. **You must have someone drive you to and from your appointment.**
 - B. **Antibiotics** are usually prescribed and should be taken exactly as directed.
 - C. **Pain medication** is also prescribed, however, many patients find that ibuprofen (Advil, Motrin) is very effective especially if started immediately after the procedure.
3. You will be able to return to work the **day after** your procedure. You may resume normal activities except physical exercise or other strenuous activity.
4. Eat normally the day of your procedure. If you have a morning appointment be sure to eat an adequate breakfast.
5. Please stop taking aspirin, Advil, Motrin (ibuprofen), and/or fish oil 7 days prior to your procedure.
6. Wear comfortable loose-fitting clothing for your appointment. Women should wear little or no makeup and no perfume. Brush and floss your teeth and wash your face thoroughly before coming in.
7. Good nutrition before and after your procedure is important. We recommend daily vitamin supplements especially vitamin C. If you smoke, it is advisable to significantly reduce your smoking before and after your procedure for several days to improve the healing potential.
8. Please schedule your procedure so that you are in town from the day of the procedure until the day 7 post-operative evaluation. Long distance travel may be resumed after the first week.
9. Please call us at 404-929-9957 if you have any further questions that were not previously addressed.

You appointment is on _____ at _____ o'clock.

We have reserved _____ hours for your surgical procedure. **If you must change your appointment, we require 48 hours notice. Failure to give adequate notice may result in a broken appointment charge of \$200/hr. equaling \$_____.**