



OVERSTREET, WHITE, DUNEGAN

— LTD —

EXCELLENCE IN PERIODONTICS AND DENTAL IMPLANT SURGERY

PRE-OPERATIVE INSTRUCTIONS

Thank you for trusting us with your surgical care. Our goal is to provide excellent periodontal care and for our patients to have a positive experience. We believe that being prepared paves the way for successful surgical outcomes. These instructions will review some important information about your procedure. **CAREFULLY READ** the information outlined below. Please contact us should you have any questions.

ITEMS TO HAVE ON HAND: Please have the following items on hand for your procedure: pack of gauze, black tea bags, ibuprofen (Advil), regular strength Tylenol, and gel packs/ice packs (bags of frozen peas or similar will work as well). These items can be found at any local convenience store and will be helpful for any post-op bleeding or discomfort.

DIETARY SUGGESTIONS: A healthy diet will affect the way you feel and the way the surgical site heals. It is suggested that you maintain a well-balanced diet, and drink plenty of water after your care. In addition, it is recommended that you maintain a cool, soft-food diet for the first week after your care. Yogurt, avocado, cottage cheese, fish, soups, cooked vegetables, scrambled eggs, smoothies (without small seeds), and protein shakes are great options to choose from. If chewing is difficult for you, Orgain or Ensure products provide essential vitamins and minerals. **Please refrain from using straws or drinking sodas or acidic beverages for one week. DO NOT MISS MEALS OR GET DEHYDRATED.**

PRESCRIBED MEDICATIONS: Your doctor may prescribe additional medications either prior to or immediately after your procedure. It is important to take all medications as instructed. If antibiotics are prescribed, take all of the medication as directed and do not skip doses. Unless instructed otherwise, please take all of your regular prescription medications (such as blood pressure and diabetes medications, etc.) as directed by your primary care physician. If you are on a blood thinner, please inform your doctor, as we may need to send a medical consult prior to your procedure to obtain permission from your physician to hold your medication. If there are any changes to your medical history or medications prior to surgery, please make us aware.

ACTIVITY & WORK: Plan to refrain from all physical activities on the day of surgery. Light activity is okay during the first week following your procedure. Plan to refrain from exercise or heavy activity (anything that will significantly increase your heart rate and blood pressure) for the first week. We recommend taking at least the day of surgery off from work. Please note, every patient is different, and you may need additional days to recover. You may have significant swelling and bruising following your procedure, which may affect your decision to return to work.

WHAT TO WEAR: We suggest wearing loose, comfortable clothing. This is especially important if you are being sedated. If you are not being sedated and have to wear work clothes, that is okay! We will cover your chest with towels to protect your clothing. We also have blankets to provide additional comfort.

IF YOU ARE BEING SEDATED: Please make sure to review additional instructions regarding sedation on your IV/Oral Sedation Pre-Op Instructions.

ADDITIONAL INFORMATION: You will receive a “Post-Surgical Instructions” handout after your procedure. Bleeding, discomfort, pain, and swelling are normal and expected following any surgical procedure. Your post-op instructions contain specific information on how to manage each of these and describes important information regarding post-surgical oral hygiene instructions, surgical dressings, and sutures. We ask that you take the time to review this document in full as it will answer most of your questions. Should you have any additional questions after your procedure, you can call our office during business hours. If you have an *emergency* outside of business hours, you will be able to contact your doctor via his/her cell phone number, which will be provided on your post-op instructions.

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