

PERIODONTAL HEALTH PROFESSIONALS

PRE-OPERATIVE INSTRUCTIONS

Marcy J Watson, DDS, DABP | Board Certified in Periodontics & Dental Implant Surgery

MEDICATIONS

Please have all prescriptions filled prior to surgery. One hour prior to arrival, start your antibiotic and anti-inflammatory, unless otherwise directed. If a steroid is prescribed, it must be started the morning of your surgery. The StellLife® rinse will only be used following your procedure for post-op care. If you have a medical condition that requires antibiotic premedication, take the recommended dose as prescribed. It is important that you continue to take any medications prescribed by your physician, unless otherwise instructed. Pain relievers (Motrin, Advil, Aspirin, etc), herbal medication and Vitamin E can increase bleeding and swelling, and should be discontinued at least 7 days prior to surgery. *If you have had a heart attack, stroke or stent placed, please check with your physician before doing this.* You may safely take the following pain relievers during that period: Darvocet-N, OxyContin, Percocet, Tylenol and Vicodin. Please **DO NOT** take pain medication we prescribed for any reason before the day of surgery; seek medical care for any medical-related problems.

Nasal airway congestion in mornings or at supine position: Please make sure your nasal passageway is clear prior to surgery. With water, suction and other instruments near the back of the airway, breathing through your nose during surgery will be important and encouraged. If you need to use an antihistamine or decongestant medication to clear congestion, please do so. For immediate action, OTC Afrin products can be used with a single dose only.

Arnica Montana pellets (30c) taken orally can significantly reduce post-op pain and swelling.

SMOKING

NO smoking within at least one day of the surgical appointment. Smoking will slow and impair the healing process. It may also cause a less than ideal result or even failure. If you can't stop smoking, please try to limit smoking until sutures are removed.

Soft Tissue and Bone Grafting Procedures: If your surgery involves one or both of these procedures, you must discontinue tobacco use for 3 weeks, otherwise consider rescheduling surgery or expect *high risk of failure*.

DRESS

Comfortable and casual clothing are preferred. Please wear a loose-fitting shirt, as we will be taking your blood pressure during surgery. Men should shave or trim their facial hair. Women should remove all facial make-up; ***please do not wear foundation or lipstick***; you will be asked to remove it to ensure a clean surgical field.

ANTI-ANXIETY MEDICATION

Medication may be given the morning of surgery that will make you drowsy to relieve your anxiety. Please do not drink coffee or any liquids the morning of surgery; only sips of water to take your regular medications. **Please arrange for a friend or family member to escort you to and from our office, stay during your surgery and accompany you until the medication effects have worn off.** *Please keep in mind, this medication effects everyone differently, and although not common, effects could last up to 24 hours.*

MEALS

Please have your diet planned and prepared at home prior to surgery. Soft foods include soups with well cooked vegetables, scrambled eggs, yogurt, jello, cream of wheat, casseroles, protein drinks and soft meats such as fresh fish or canned tuna. **If you are required to be on a liquid diet (i.e implant-related bone regenerative procedure, or connective tissue graft), please have appropriate ingredients to blend (fruits/veggies, ice, ice cream, milk, etc).** **A liquid diet does not mean soft foods.** Carnation instant breakfast and Ensure can provide an excellent source of protein and other nutrients needed for healing. Dieting post-surgically should not be done. It can have negative effects on healing and lessen the chances of success of the procedure. A light healthy meal is okay at least 1 hour before your surgery appointment. Please brush and floss your teeth prior to arriving.

POST-OP ACTIVITY

Plan to limit your activity post-operatively for the first week or two.

Specifically, for soft tissue and some bone grafting procedures, inactivity is required for 48 hours; light activity (no voluntary exercise/gym) until your 2 week post-op appointment. **Additionally, if your job involves lifting, excessive talking or moderate-high activity levels, you should refrain from those tasks at work for up to a week**

POST-OPERATIVE VISITS

In order to evaluate your healing, we will be seeing you for a series of post-operative visits. They will begin one to two weeks following surgery. The duration and frequency will vary based on the surgical procedure.

Please read through the copy of your consents before your surgery. If you have a question, or do not understand these pre-op instructions, please call the office at 512.443.5704 during normal business hours. We are closed every other Friday – Monday.