



**CAPITAL CITY**  
PERIODONTICS & ORAL IMPLANTOLOGY

\*\*\* For your surgical appointment we recommend that you park on the 5th Floor of the Huntington Center Parking Garage in one of our patient reserved parking spots which are numbered **501, 502 or 503**. The reserved parking spots for CCP surgical patients have **YELLOW RESERVED** signs. Please look for the spots to be on the **RIGHT** as you are driving through the garage.\*\*\*

The more prepared a dental patient is prior to therapy and having a realistic idea of what to expect after treatment will help the person to be more relaxed for their procedure. It is important to follow the dentist's postoperative instructions to allow for your healing to go as quickly and smoothly as possible.

All treatment appointments are chosen based on each patient's specific dental needs. Please be aware that we kindly request a 48 business hour notice for any surgical appointment change. A fee may be assessed if we do not receive sufficient notice of change.

---

*Pre-treatment checklist of recommendations for all surgical procedures*

---

- Avoid any over the counter medications which may contribute to blood thinning for one week prior to your procedure, unless otherwise instructed including, but not limited to: Advil, Aleve, Aspirin, Celebrex, Feldene, Herbal Supplements, Ibuprofen, Meloxicam, Motrin and Multi-Vitamins.
- NO smoking or tobacco usage for 48 hours prior to treatment; tobacco negatively affects the level of comfort during the appointment.
- NO alcohol 48 hours prior to treatment; the dentist cannot safely treat you if you have had alcohol, narcotic pain medication, or any street or recreational drugs.

---

*Pre-treatment checklist if IV Sedation is being performed with your surgical procedure*

---

- No eating or drinking for 6 hours prior to the procedure.
- Take all prescription medications with a small amount of water (especially blood pressure medications) as directed unless you are given other specific instructions.
- NO caffeine for 24 hours prior as it can prevent the sedation medications from achieving full affect.
- Notify us prior to treatment of all allergies or poor reactions to: Fentanyl, Versed, Zofran or Narcotics.



**CAPITAL CITY**  
PERIODONTICS & ORAL IMPLANTOLOGY

- All diabetics taking Insulin, should take  $\frac{1}{2}$  the dosage of their Insulin in the morning of the dental appointment. Diabetic patients taking Insulin will have early schedule priority. Sugar level should be checked the morning of the appointment.
- Remember to remove any fingernail polish or unnatural nail covering because it can affect the accuracy of the monitors.
- When possible please do not wear contact lenses.
- Wear short sleeves and comfortable clothing. Bring a light weight button-up or zipper jacket or sweater. Wear comfortable shoes and socks. Please do not wear white or expensive clothing to your surgical appointment. Please leave jewelry and watches at home.
- It is essential that you have someone you know you to drive you to & from your appointment. You will NOT be able to drive for the remainder of the day. A blanket and pillow in the car is advisable for comfort on your return trip home.
- For your safety, you must have someone with you at home for the remainder of the day to monitor you.

---

***Post LANAP Therapy Homecare Recommendations***

---

We have scheduled a significant block of time for our team to concentrate on your visit with us. Please understand that this is surgery, done in a way with laser technology. Healing occurs at an individual's own rate and is affected by outside influences such as mechanical or bacterial trauma. It is very important not to disturb the fibrin clot that seals the pocket and acts as a bandage to allow the bone and tissue to regenerate properly. So please follow the home care and diet instructions carefully.

1. Avoid using straws and spitting for 14 days. The sucking action will cause a vacuum in the mouth and may dislodge the body's natural clotting process.
2. No vigorous exercising, heavy lifting, or any other activities that could cause your heart rate to become elevated for 1 week. These types of activities will increase your blood pressure and possibly dislodge the fibrin clots which are essential to healing.
3. No usage of any tobacco / nicotine products for 48 hours post treatment. This includes the use of e-cigarettes and vapor products as they negatively impact healing.
4. Some minor bleeding or oozing is to be expected. To slow and prevent bleeding, apply a firm pressure with a gauze pad or moist tea bag. Pressure should be applied in 15-20 minute intervals and repeated until the bleeding is controlled. Sleep with your head elevated the night after treatment. Place an extra pillow under your head; it is



**CAPITAL CITY**  
PERIODONTICS & ORAL IMPLANTOLOGY

recommended to cover your pillow with a towel (just in case some spotting occurs). Try to sleep on your back to try to avoid any incidents while sleeping.

5. Do not be alarmed if beginning two weeks after therapy and extending as long as one year or more, the teeth may be sore, tender or sensitive as bone and ligaments around the teeth regenerate and become more firm. This is a sign of healing, but may indicate a bite imbalance that needs to be adjusted. Occlusal adjustments are an important part of your care and maintenance.
6. An oral rinse has been provided; please rinse for 7 – 10 days after your surgery. Gently swish in the morning and the evening for 60 seconds, ***NO EATING OR DRINKING*** for 20 minutes after rinsing.
7. Oral Hygiene: Do not use an electric toothbrush until notified by the doctor.
8. No flossing the surgery site(s) for 1 month.

---

***Post Treatment Medication***

---

1. Some soreness, tenderness, or tooth sensitivity is normal. The discomfort is usually mild to moderate and much less than with conventional blade and suture surgery. To reduce inflammation and promote healing, you will normally be advised to take Ibuprofen 600mg or Tylenol 1000mg four times per day for two days unless you are allergic to Aspirin or Ibuprofen.
2. Prescriptions may be dispensed prior to treatment for your convenience. Please do not start medications until after treatment unless notified otherwise.
3. Please take the medication as prescribed following the directions as your pharmacist has recommended.
4. Consume adequate food and water while taking medications. This will help prevent nausea, an upset stomach, and expedite the medication's effects.
5. Post-treatment medications may include: Norco, Percocet, Amoxicillin, Clindamycin or Zithromax. **IF YOU ARE ALLERGIC TO ANY OF THESE MEDS INFORM US IMMEDIATELY.**
6. If an antibiotic is prescribed at any time during treatment, you should take the medication exactly as directed until prescription completion.
7. Limit alcohol consumption and sun exposure as they may interfere with the medications prescribed.



**CAPITAL CITY**  
PERIODONTICS & ORAL IMPLANTOLOGY

8. Do not exceed the recommended dosage. Take only the medication as prescribed on the prescription.
9. Do not give any of your medication to ANY other individual.
10. Female patients that are prescribed antibiotics are recommended to seek alternative birth control methods the entire menstrual cycle if taking contraceptives.
11. Notify the doctor if you have symptoms which may be related to an allergic reaction such as: skin rash, itching or hives, elevated temperature, increased and/or erratic heart rate, nausea or vomiting, dizziness or fainting, or blurred vision.

---

***Dietary Recommendations after LANAP Treatment***

---

1. First Day: liquid like diet. Use a blender as needed. **DO NOT DRINK THROUGH A STRAW**
2. Next 6 Days: Use soft food suggestions listed below
  - Anything put through a food blender
  - Cream of wheat, oatmeal, grits
  - Mashed potatoes or baked potatoes (ok with butter/ sour cream)
  - Mashed banana, avocado, applesauce or any mashed or blended fruit (except berried fruits)
  - Broth or creamed soups
  - Mashed or steamed vegetables
  - Mashed yams, baked sweet potato or butternut squash
  - Creamy peanut butter (without solid pieces)
  - Cottage cheese, cream or soft cheeses
  - Eggs any style
  - Yogurt, jell-o, pudding, ice cream, milk shakes or smoothies
  - Ensure, slim fast or any nutritional drinks
3. After 7 Days: Gradually add back softer foods like pasta, chicken and fish
4. After 14 Days: Resume more normal diet
5. For 30 Days: **DO NOT**...chew gum, candy, cookies, chips, popcorn, nuts, anything hard or crunchy, anything that has seeds or hard pieces, meat that shreds and can lodge under the gum and between teeth, raw vegetables or salad.

***Notify the office if any of the following occurs:***

- There is a constant flow of blood that cannot be stopped after applying pressure for 45 minutes.
- Pain does not decrease after 72 hours.



## **CAPITAL CITY**

PERIODONTICS & ORAL IMPLANTOLOGY

- **Swelling increases after the third day or is significant when looking in the mirror.**
- **You notice that there is a bad odor or taste in your mouth.**

**In the case of a dental emergency after hours please also call the main office phone number & leave a message. When you leave a message we will receive a notification with your voicemail and will return your call based on the nature of your call.**

**During the day please call the office: 614-591-0667**

**Go to the emergency room if you are unsuccessful in reaching the office after hours.**

**If you are experiencing a life threatening emergency, please dial 911 immediately.**