



Pre-Operative Instructions

The following instructions may be helpful when preparing for your upcoming surgery. Please refer below for some general pre-surgical and post-surgical guidelines, which will help you prepare for your periodontal treatment. More detailed instructions will be given to you the day of your treatment. If any questions or problems should occur, please do not hesitate to contact us.

1. Take your usual prescribed medications with the exception of aspirin or other blood thinners, which should be stopped 7 days prior to your procedure with your physician's approval if necessary.
2. If you take an antibiotic premed, please take it as directed before your surgery.
3. Please eat a normal meal (breakfast or lunch) prior to your surgery. We recommend softer, nutritious foods for at least the first week after treatment, so please plan accordingly.
4. Do not consume any beverages with caffeine for the 2 hours prior to your procedure.
5. If you have an iPod or other music device, feel free to bring it to listen to music during your procedure.
6. If you are a smoker, please refrain from smoking for at least 24 hours following surgery. The longer you refrain from smoking, the better your healing and results will be.
7. You will be asked to go home after your surgery and spend the day relaxing as much as possible. Beyond that, we asked that you refrain from any exercise or strenuous activity that may elevate your heart rate for at least 48 hours following your procedure.

Notes: _____

