

Hyde Park Periodontics & Implant Solutions

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PRE-OPERATIVE INSTRUCTIONS

Please read the following instructions very carefully before your periodontal surgery. If you must reschedule, please allow at least full business days to change your appointments. Thank you for your cooperation.

PERIODONTAL AND ORAL SURGERY

Periodontal surgery is a low-risk, routine clinical procedure in dental offices across the nation. The majority of patients undergoing periodontal surgery do extremely well immediately after surgery without any significant interruption to their daily life.

DRESS

Comfortable and casual clothing and footwear are preferred. Women should remove facial makeup on the day of surgery. Men should trim their facial hair.

MEALS

A light meal is recommended prior to surgery unless otherwise instructed. Please also brush and floss your teeth before your surgical appointment.

MEDICATIONS

If you are taking medications that have been prescribed by your physician, it is important that you continue to take them on the day of surgery unless otherwise instructed by Dr. Fayz or your physician. Patients who are on steroid therapy will require an increase in their usual dosage (increase in dosage to be determined by Dr. Fayz or your physician). Patients with medical conditions (artificial knee and hip replacements, heart disease, artificial heart valves, etc.) that require antibiotic premedication should take the recommended dosage as prescribed. If you are on any self-prescribed medication such as an aspirin per day, please inform Dr. Fayz. Aspirin is an anti-clotting medication that can cause increase bleeding during and after surgery.

ANTI-ANXIETY MEDICATIONS

Dr. Fayz may prescribe medication(s) that will make you drowsy to relieve your anxiety. It is important that you use the medication(s) as instructed. If you are taking any such medication, please have a very light meal about three hours before the surgery and arrange for a friend or family member to escort you to and from our office.

INTRAVENOUS SEDATION

If you will be having IV sedation please make sure you follow these instructions:

- Nothing to eat and drink for eight (8) hours prior to surgery. Please take regular medications prescribed by your physician as usual with very little water as early in the day as possible, unless instructed otherwise.
- If you are scheduled for an afternoon intravenous sedation surgery, please get up early enough to eat breakfast at last eight (8) hours prior to surgery.
- A responsible adult must take you home and remain with you following your surgery.

LOCAL ANESTHESIA

If you will be having the procedure under local anesthesia **ONLY** and without sedation, then you **DO NOT** have any restrictions. You **MAY** eat and drink prior to surgery and drive to and from the office. We encourage you to eat a light snack before your visit.

IMPORTANT THINGS TO FOLLOW

- Any aspirin, Coumadin or blood thinning drugs you might be taking, will be addressed on an individual basis by Dr. Fayz prior to treatment.
- NO alcohol consumption 24 hours prior to surgery.
- Take your normal prescription medication with little water, unless instructed otherwise.
- Notify staff of medications that you have taken on the day of your procedure.
- Wear a short-sleeve garment or if full sleeve it must be easy to pull up over the arms.
- Wear comfortable walking shoes, No high heels.
- If you are having intravenous sedation surgery, please remove nail polish at least on one finger as we will attach a sensor to your finger.
- Remove contact lenses the day of your surgery and wear glasses if possible.
- Prepare ice packs and have soft nutritious foods available at home.
 1. Nutritious, easy to eat foods include: milkshakes, cottage cheese, yogurt, pasta, rice, fish, applesauce, soup, eggs, etc.

ANTIBIOTICS/ MEDICATION

You should receive prescriptions at our pre-surgical visit. For your convenience, please have them filled prior to your scheduled surgery, unless they have been previously phoned into the pharmacy of your choice. Please bring your filled prescriptions with you to your appointment.

Please alert the office to any allergies or sensitivities that you might have antibiotics or other medication. You will be prescribed an antibiotic if our doctor determines it to be necessary. Take as directed until gone. It is advisable not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness. Pain medication, anti-inflammatory medication, steroids and mouthwash may be prescribed based on the procedure. Please take them as directed.

FOOD SUGGESTIONS

When preparing a post-op menu, please consider some of the following choices:

- Jello
- Bananas
- Yogurt
- Pasta
- Milk Shakes
- Casseroles
- Eggs
- Fish
- Cottage Cheese
- Ensure/Sim Fast
- Soups- Warm not hot
- Pudding
- Rice
- Apple Sauce
- Oatmeal
- Macaroni & Cheese
- Mashed Potatoes