



### Pre-Surgical Instructions for Periodontal Surgery

In order to make your periodontal or dental implant surgery as pleasant as possible, the following instructions should be followed:

- It is important that you have a light breakfast or lunch on the day of the surgery (unless you are having IV sedation). In that case nothing to eat for at least eight (8) hours before your appointment.
- If you are having IV sedation, do not smoke or eat marijuana products for 72-hours prior to your appointment.
- Take all medications you would normally take as directed for other medical reasons. Be sure that your periodontal surgeon is aware of all medications you have taken in the 24-hour period preceding your surgery.
- Have your prescriptions filled, take the ones before surgery as directed, and bring the bottles with you to your surgery appointment.
- If necessary, a prescription for pain medication will be given to you before you leave the building. You may fill this prescription at the pharmacy of your choosing.
- You must arrange for a ride to and from the appointment. When sedation with pills or intravenous (IV) sedation is used during surgery, you must have someone drive you home in a private vehicle. The driver must be able to wait in the lobby for the entire duration of the procedure. You must also arrange for an adult to care for you while the sedative drugs still have an effect after the surgery (usually 2-6 hours).
- If the patient is a minor, a parent or legal guardian must wait for the patient and be able to drive the patient home after the procedure.
- Be sure to wear comfortable, open-collared, short-sleeved shirt, and loose clothing to the surgery appointment. If possible, leave rings and other jewelry at home and wear only a minimal amount of make-up.
- If you wear contact lenses, please leave them out or have the items needed to remove them prior to the surgery.
- If you are breastfeeding, please let your doctor know prior to the procedure or sedation.
- Prepare several cold packs by putting damp washcloths in small Ziploc freezer bags ahead of time. These should be put in your freezer for use in the first few hours following surgery. Bags of frozen peas or lima beans work well also.
- Have available an assortment of nutritious drinks that can be used for a few days after your surgery. We suggest "Ensure", "Ensure Plus", "Sustacal", "Instant Breakfast", etc. These are available at grocery or drug stores and come in several flavors. Also have a variety of soups and juices on hand. Try to avoid hot and/or caffeine containing drinks for the first 2-3 days. Depending on the type and extent of your surgery, it may be recommended that you have/buy a blender for a soft diet.
- Please review the arrangements you have made for payment of your surgery fee, sedation costs, and any other separate charges for this appointment.
- Do not ignore a head or chest cold when surgery is to be performed, as a change of appointment may be necessary. Please call to consult your doctor about your symptoms.

**We have reserved this time for you. Please give us 24 hours notice if you are unable to keep your appointment with us.**

- Dental Faculty Practice (303) 724-5505**
- GPR (Specialties Clinic) (303) 724-6941**
- Graduate Periodontics (303) 724-6941**