

# Pre-Op Instructions

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last minute questions. We can be reached at during regular business hours.

In some case you will receive your preoperative prescriptions with this instruction sheet. 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.

It may be important to stop taking Aspirin, and other blood thinners including Cartia and non-steroidal anti inflammatory medications such as Nurofen or Brufen, 7-10 days prior to your surgery. If you are taking Coumadin, Warfarin, or another blood thinner, remember to inform the Periodontist and discontinue them as directed. If you normally take antibiotic premedication, please take it as directed before your surgery. You will feel better if you have eaten prior to surgery. We keep the office cool, so dress warmly. If you have elected to have oral sedation prior to the procedure it is important to arrive at least 30 minutes before your appointment.

We will give you written and verbal post operative instructions as well as analgesics and antibacterial mouthwashes and Antibiotic prescriptions if required.

In order to evaluate your progress and healing, we will normally see you after 1 or 2 weeks for post-operative checks. In most cases, after surgery we will also look forward to seeing you back for a periodontal maintenance cleaning and an examination of tissue maturation about 10-12 weeks following the surgery.

## Antibiotics

Please alert the office to any allergies or sensitivities that you might have to antibiotics. A loading dose of Antibiotics is often given prior to your surgical procedure. You may also be prescribed an antibiotic after the procedure if our doctor determines it to be necessary. 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.

## Sedatives

Sedatives are often prescribed prior to surgical procedures. If you elect to have an oral sedative you should attend at least 30 minutes before the procedure and it will be given to you. As you cannot drive for the rest of the day it is important that you have someone accompany you home following the procedure. Remember, we encourage you to eat prior to your surgery. Oral sedatives that we prescribe include the following.

- Ativan (Lorazepam)
- Valium (Diazepam)
- Halcion (Triazolam)

## Food Suggestions

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

- Ensure/Slim Fast
- Soups
- Pudding
- Rice
- Apple Sauce
- Oatmeal
- Macaroni & Cheese
- Mashed Potatoes
- Jell-O
- Bananas
- Yogurt
- Pasta
- Milk Shakes
- Casseroles
- Eggs
- Fish
- Cottage Cheese

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# Post-Op Instructions

These instructions apply to the surgical procedure just completed. They are designed to help you minimize post-surgical discomfort and inform you of any situation that may require special attention.

## **Pain Medications**

It is not unusual to have some discomfort for at least the first week following your surgical procedure. You will be given pain pills or a prescription for medication to help you tolerate the post-surgical recovery period. Please take your medications as directed. If necessary, you may take your pain medication more frequently than every 4-6 hours to stay ahead of the soreness. It is advisable to not take pain medication on an empty stomach, as nausea may result.

In your post operative kit that you are given, you will have the following:

- Written post operative instructions and contact phone numbers if needed.
- Brufen (400mg Ibuprofen) or Panadol if allergic to Aspirin. 1 Brufen every 4-6 hours is often adequate for controlling postoperative discomfort. It should be taken with food.
- Note: When taking any prescribed medication as an alternative to prescription medications, some patients have found taking a combination of over-the-counter Ibuprofen and Panadol to be effective.
- Panadeine Forte. 2 Panadeine Forte every 4-6 hours can be taken for more severe pain. This medication contains Codeine which may have side effects if taken for extended periods. It is unusual to have severe pain and if this occurs please contact Drs Grossberg, Todes or Kalos.
- Chlorhexidine mouthwash. This is normally used undiluted twice a day to disinfect the areas that you will not be able to brush or floss. If extractions are carried out then the mouthwash should not be used for 24 hours following the procedure to protect the blood clot in the extraction socket. The mouthwash should not be used for more than 2 weeks unless directed.
- An ice pack if appropriate.
- Gauze patches to be used in case of excessive bleeding.

## **Antibiotics**

Please alert the office to any allergies or sensitivities that you might have to antibiotics. An antibiotic may be prescribed following your surgical procedure. Take as directed until the course is completed. 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.

## **Swelling**

Swelling may occur following your surgical procedure and will typically increase 2-3 days after the procedure. To minimize the swelling, place an ice pack over the outside cheek area for 20 minutes on and 20 minutes off. Continue using ice for 2-3 days following the procedure as often as possible.

## **Bleeding**

A small amount of bleeding is normal. If excessive or continuous bleeding occurs:

- Rinse your mouth with cool water. Apply moistened gauze to the immediate area with moderate pressure for 20 minutes; repeat if necessary.
- Elevate your head when lying down.
- Enclose a moistened tea bag in a gauze square and apply pressure for 20 minutes.
- Call the office or after hours' phone number if bleeding persists.

## **Dressing**

The dressing (which acts as a bandage) is used sometimes to protect the surgical site and help reduce discomfort. If the dressing comes off it is not necessarily a problem. If it is uncomfortable, please call the office for direction.