Pre-Operative Instructions

Instructions for all patients:

1. Do not take any Aspirin or Motrin (or any elective anticoagulants) products prior to surgery (day of).
2. If Dr. Anderson prescribed medications for you, please pick up prior to your appointment. If you have been prescribed an antibiotic, please start the day prior.
3. Minors and patients with power of attorney must have their drivers stay in our office during their appointment/surgery.

If you’re having oral or IV sedation:

1. Arrange for a trusted friend or relative to drive you to and from your dental appointment. This includes someone staying with you for 6 hours after surgery.
2. Driving a vehicle or operating machinery is prohibited for 12 hours after sedation or taking narcotic pain medications.
3. Do not take any other oral sedatives for 24 hours prior to surgery (Valium, Xanax, Trazadone, sleeping pills etc.)
4. Do not have anything to eat or drink 8 hours prior to surgery (your antibiotic can wait until you get home from surgery).
5. Remove nail polish or gel for sedation monitoring.
6. Wear comfortable, short sleeved clothing.
7. If you have a cough, please let us know about your symptoms ASAP.

Recommended items to pick up prior to your surgery to make your aftercare easier:

1. A soft diet is recommended for most periodontal surgeries for at least 1 day.
2. Soft food recommendations: ice cream, applesauce, oatmeal, sorbet, protein drinks, pudding, yogurt, popsicles, soup, pasta, rice, eggs, etc.
3. Avoid crunchy, nutty, or foods with kernels.
4. Ice/gel packs
5. Over the counter Non-Steroidal Anti-inflammatory (Ibuprofen, Motrin, or Advil) If you cannot take these medications, notify our staff and we will make alternative recommendations.