



## Pre-Operative Instructions

Instructions for all patients:

- a. Do not take any Aspirin or Motrin (or any elective anticoagulants) products prior to surgery (day of).
- b. 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.
- c. 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:

- a. 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.
- b. Driving a vehicle or operating machinery is prohibited for 12 hours after sedation or taking narcotic pain medications.
- c. Do not take any other oral sedatives for 24 hours prior to surgery (Valium, Xanax, Trazadone, sleeping pills etc.)
- d. Do not have anything to eat or drink 8 hours prior to surgery (your antibiotic can wait until you get home from surgery).
- e. Remove nail polish or gel for sedation monitoring.
- f. Wear comfortable, short sleeved clothing.
- g. 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:

- a. A soft diet is recommended for most periodontal surgeries for at least 1 day.
- b. Soft food recommendations: ice cream, applesauce, oatmeal, sorbet, protein drinks, pudding, yogurt, popsicles, soup, pasta, rice, eggs, etc.
- c. Avoid crunchy, nutty, or foods with kernels.
- d. Ice/gel packs
- e. 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.