

# Kurt E. Delius, D.D.S., M.S.

Periodontics and Implants

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## **INTRAVENOUS SEDATION INSTRUCTIONS**

A needle will be placed in your arm on back of your hand. Various drugs will be administered and make you relaxed, non-apprehensive, and sleepy. Local anesthetics will be used to control pain. As a result of the drugs used and your sleepy condition, certain precautions must be observed.

1. Advise us of medications or pills you are taking. Do not take any other medications without our knowledge and approval. Discontinue aspirin, Advil, Motrin, Aleve or any other aspirin or ibuprofen products 5-7 days prior to surgery.
2. You should have normal meals the day prior to your appointment but nothing by mouth 6 hours prior to your appointment.
3. Wear loose, comfortable clothing with sleeves that can easily be rolled up past the elbow. Do not wear heavy eye make-up and remove contact lenses. Remove any nail polish.
4. Arrive promptly for your appointment. Late arrival may necessitate cancellation of your appointment.
5. You **MUST** be accompanied by an adult that will stay with you during your appointment, drive you home and be responsible to supervise you for the remainder of day. You may **NOT** drive yourself.
6. Full mental alertness may not return for several hours and therefore, for the remainder of the day, you should limit activities. You should **NOT**: Drive a car; operate machinery; drink alcohol.
7. If problems develop, you should contact our office immediately.

We recommend that you plan to rest the day following your treatment. Please arrange your schedule so that you don't have to do anything unless you feel up to it.

10123 Lake Creek Parkway, Bldg 1 Austin, Texas 78729  
(512) 335-3600

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Central Texas Perio and Implants

## POST-TREATMENT INSTRUCTIONS FOR SOFT TISSUE GRAFTS

The most important factor for getting the proper "take" of the graft is to avoid moving it or disturbing its healing for at least 10 days. For this purpose, please note the following "DO NOTs":

**DO NOT**

Bump it; Brush it; Chew with it;  
Bite into food with it or near it;  
Pull your lip out to look at it;  
Let your tongue play with it;  
Swish or rinse vigorously;  
Sleep on your stomach;  
Exercise strenuously;  
Talk too much;  
Smoke.

**DO NOT**

### **Medication**

- ◆ Take 800mg of Ibuprofen (Advil, Motrin, or generic.) every 6 hours for the 1st 24 hours. This will minimize post-treatment discomfort. After 24 hours, you may reduce the amount to 400mg every 4-6 hours, depending on your comfort level.

Your first dose was taken at \_\_\_\_\_

Your next does will be due at \_\_\_\_\_

- ◆ If you cannot take Ibuprofen, take 1000mg Tylenol every 4 hours.
- ◆ If you receive a prescription pain reliever, take it as needed. Prescription pain relievers may be taken **WITH** ibuprofen unless otherwise instructed. Do not drive or operate machinery while taking prescription pain medication, they can make you drowsy.
- ◆ Take prescribed antibiotics as directed until completed.
- ◆ To avoid upset stomach, do not take medications on an empty stomach.

### **Eating**

- ◆ Quality nutrition is important for normal healing. Eat softer foods for the first few days. Liquid nutritional supplements are helpful to get total nutritional quality. Common brands include Boost, Ensure, Slim Fast.
- ◆ Do not drink carbonated beverages or drink through a straw for 72 hours, as this can increase the chance of bleeding. You may have sensitivity to very cold or very hot foods.

### **Rest**

- ◆ Plan to take it easy for a day or so and avoid physical exertion for 72 hours.
- ◆ When you lie down, you may place an extra pillow under your head to keep it elevated.

### **Hygiene &Rinses**

- ◆ Do not brush treated areas until after post op check.
- ◆ Untreated areas can be brushed and flossed normally.
- ◆ You may be prescribed a mouthwash to use 3 times per day in place of mechanically brushing the treated area(s). Start the mouth rinse the day after treatment and continue using until your post-operative visit. Gently swish for 60 seconds and do not eat, drink, or rinse for 15 minutes after use.
- ◆ After the first day, warm salt water rinses can be used in addition to the prescription mouth rinse if you desire. Use 1 tsp. salt with 8 oz water, gently swishing.

### **Bleeding**

- ◆ Minor bleeding which produces a pinkish saliva can be expected for several days. If significant bleeding occurs, use gentle continuous pressure on the site for 15 to 20 minutes. Repeat if necessary. Apply pressure with a moist gauze pad, washcloth, or moist tea bag.

### **Stitches**

- ◆ Sutures usually dissolve in 7 to 10 days but may dissolve as soon as 2-3 days.
- ◆ You may have sutures that do not dissolve and must be removed at your follow-up appointment.

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## POST-OPERATIVE INSTRUCTIONS

### **Medication**

- ◆ **Do not Smoke or use tobacco products.**
- ◆ Take 800mg of Ibuprofen (Advil, Motrin, or generic.) every 6 hours for the 1st 24 hours. This will minimize post-treatment discomfort. After 24 hours, you may reduce the amount to 400mg every 4-6 hours, depending on your comfort level.  
Your first dose was taken at \_\_\_\_\_  
Your next does will be due at \_\_\_\_\_

- ◆ If you cannot take Ibuprofen, take 1000mg Tylenol every 4 hours.
- ◆ If you receive a prescription pain reliever, take it as needed. Prescription pain relievers may be taken with ibuprofen unless otherwise instructed. Do not drive or operate machinery while taking prescription pain medication, they can make you drowsy.
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### **Rest**

- ◆ Plan to take it easy for a day or so and avoid physical exertion for 72 hours.
- ◆ When you lie down, you may place an extra pillow under your head to keep it elevated.

### **Hygiene & Rinses**

- ◆ If instructed to do so, brush gently with a soft brush after \_\_\_\_\_ days, depending on your comfort level. Untreated areas can be brushed and flossed normally.
- ◆ You will be prescribed a mouthwash to use 3 times per day in place of mechanically brushing the treated area(s). Start the mouth rinse the day after treatment and continue using until your post-operative visit. Gently swish for 60 seconds and do not eat, drink, or rinse for 15 minutes after use.
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### **Stitches**

- ◆ Sutures usually dissolve in 7 to 10 days but may dissolve as soon as 2-3 days.
- ◆ You may have sutures that do not dissolve and must be removed at your follow-up appointment.

### **If you had a sinus procedure, follow sinus precautions for 7 days**

Use Sudafed or other over the counter decongestant as needed. Sleep with your head elevated. Don't blow nose. Don't hold back a sneeze. Don't hold nose to change pressure in ears. Don't travel by plane. Don't scuba dive or swim in lake.

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