

KENNETH ABE, D.D.S.

A Professional Corporation

Practice Limited to Periodontics

Telephone # (650) 941-2168

843 Altos Oaks Dr. Ste.1

Los Altos, CA 94024

PRE-TREATMENT INSTRUCTIONS

Day: Estimated Co-Payment,
Due at Surgery Appointment

Date: \$ _____

Time:

*****THERE WILL BE A CHARGE OF \$100.00 PER HOUR IF THIS APPOINTMENT IS CANCELLED WITHIN 3 BUSINESS DAYS OF SCHEDULED DATE .*****

TRANSPORTATION: Please arrange to have someone pick you up after your appointment. This is a safety precaution.

DIET: Do not report to the office with an empty stomach. A light meal one hour before your appointment is desirable.

APPREHENSION: Nearly everyone experiences some anxiety before a dental procedure. It is important that you rest and have a good night's sleep. If medication for anxiety is prescribed, please **DO NOT DRINK ALCOHOL OR DRIVE** while taking it.

COMFORT: Wear loose fitting, comfortable clothing for your appointment and please empty your bladder before your appointment time. **IF YOU WEAR NAIL POLISH, PLEASE REMOVE THE POLISH FROM YOUR LEFT INDEX FINGER.**

ANTIBIOTICS: If you are given a prescription for an antibiotic, **BEFORE** taking it, be sure that you are not allergic to it. If you are not, take it as directed. If there is a reaction, i.e. skin rash, hives, swollen joints, difficulty in breathing etc., discontinue it immediately and call us or your physician.

PRESCRIPTIONS: Buy your prescriptions **BEFORE** your appointment, read and follow the directions carefully. Bring the medications with you. If you are to take them before your appointment, please read the directions carefully. Make sure you have no allergies to the medications **BEFORE** taking them.

ALWAYS DRINK A FULL 8 oz GLASS OF WATER WITH MEDICATIONS, DO NOT TAKE THEM WITH ONE "GULP" OF WATER OR STOMACH IRRITATION WILL OCCUR. EAT NON-ACIDIC FOOD BEFORE TAKING TABLETS!

PRIOR TO YOUR APPOINTMENT PLEASE READ THE FOLLOWING DIRECTIONS FOR MEDICATIONS.:

(Rx) 1. **ANSAID 100mg (Anti-inflammatory):** Take 1 table 7am,3pm,11pm beginning 2 days before surgery, until gone.
The day of surgey

(Non-Rx) Rinse 2. **HYDROGEN PEROXIDE:** (Available at drug stores and grocery stores.) with a 50% (1:1) mixture of hydrogen peroxide and water 4-6 times daily. Start 4 hours after surgery. Use until the evening of the day after surgery . Do not rinse with Chlorhexidine Gluconate when rinsing with Hydrogen Peroxide and Water.

- (Rx) 3. **PERIDEX/CHLORHEXIDINE GLUCONATE (Antibacterial Rinse)**: Rinse three times daily with ½ oz, starting the day before the appointment. Start rinsing again 2 days after surgery, three times daily until the sutures are removed. If needed, continue twice daily, until you can brush and floss again. **DO NOT BRUSH YOUR TEETH WITHIN 2 HOURS OF USING CHLORHEXIDINE GLUCONATE OR IT WILL NOT WORK.**
- (Rx) 4. **LORTAB 5 (Stronger Pain Medicine)**: Take one tab at 11am, 7pm, 3am after appointment, for pain, if needed. **DO NOT DRIVE FOR 8 HOURS!**
- (Rx) 5. **DOXYCYCLINE (Antibiotic)**
Take one tablet at 7am and one tablet at 7pm on day of surgery, then take one at 7am daily until gone.
Take one tablet 3 times daily starting on the day of surgery.

REMEMBER, YOU SHOULD NOT DRIVE OR OPERATE MACHINERY WHILE TAKING ANY MEDICATION PRESCRIBED FOR DISCOMFORT OR APPREHENSION. THESE MEDICATIONS CAUSE DROWSINESS AND YOU MAY BE INJURED OR CAUSE AN ACCIDENT!

Do not travel for one week after:

1. Osseous Surgery
2. Crown Lengthening Surgery
3. Dental Implant Placement Surgery

Do not fly or travel for two weeks after:

1. Sinus Lift Surgery
2. Tooth Extraction Surgery
3. Bone Building Ridge Augmentation Surgery
4. Soft Tissue Grafting Surgery

****YOU MAY BRING A PERSONAL MUSIC PLAYER WITH HEADPHONES TO LISTEN TO DURING SURGERY, IF YOU WOULD LIKE.****

**** Please do not do any vigorous exercise for the rest of the day after surgery, or the next day.****