



PRE-OPERATIVE INSTRUCTIONS FOR PERIODONTAL, CROWN LENGTHENING AND SOFT TISSUE GRAFTING

- Please plan ahead: make sure you have all the prescription medications that you will need for before and after the surgery. Make ice packs, prepare soft foods, and wear comfortable clothing to the surgery.
- Please do not take any aspirin, vitamin E or Ginkgo Biloba 7-10 days prior to surgery. If you need a pain medication, use Tylenol. Do not drink alcoholic beverages 1 day prior. If you take coumadin or any other prescribed blood thinners you will need to call your MD to approve discontinuation of this medication prior to your surgery.
 - If you Pre-medicate for mitral valve prolapse, prosthetic valves or prosthetic joints you will be required to use antibiotics prior to the surgical appointment.
 - 1 day prior to the procedure rinse with 1/2 oz of chlorhexidine mouth rinse 2 times daily (AM and PM). Alcohol free mouth rinses are also available.
 - One week prior to surgery start taking 1000 mg of vitamin C each day and continue for the week following surgery.
 - Drink plenty of water each day (at least 6-8 8 oz. Glasses). Continue for the week following the surgery.
 - If a sedative is prescribed, take the night prior to surgery and 1 hour before surgery as directed (you are required to have an escort to and from the surgery).

Pre-operative instructions for the day of surgery

- Take pre medication (if required)
- Take antibiotic dose as directed
- Take analgesic (pain medication such as Motrin or Tylenol) one hour prior to surgery. Do not take narcotic medication prior to the surgery.
- Rinse with Chlorhexidine mouth rinse before surgery.
- Start taking Arnica Montana (if recommended)
- Begin Medrol dose pack (steroid) if prescribed.
- Take sedative (as directed and if prescribed)

Suggested Pre-operative Homeopathic medications and Vitamins

- **Arnica Montana 30**: This medication helps to prevent bruising. Take as directed the day of surgery.
- **Vitamin C**: 1000 mg each day starting one week prior to surgery and continue for one week. Drink at least 32 oz of water a day.
- **Gelclair**: This medication is used in the management of pain/discomfort associated with oral lesions of various etiologies. Gelclair Dose Pack, 3 x day and for relief of pain. (Gelclair can be purchased through your pharmacy and Arnica Montana and Vitamin C at The Vitamin Store).

After Hours Emergency Numbers:

Answering service: (201) 343-2555

Dr. George Ayad (908) 962-1528

SWELLING of the face can occur after surgery **Apply an ice pack on the face adjacent to surgical area 20 minutes on then 20 minutes off for a minimum of two hours after your procedure.** The longer you use ice after the surgery you can expect minimal swelling. This is an absolute necessity to prevent swelling. Keep your head elevated with extra pillows the first night post-op and sleep on your back to avoid pressure on the surgical side of your face.

BLEEDING Minor bleeding is normal in the first 24 hours after surgery. **Do not use a straw or vigorously rinse for 24 hours as this will promote bleeding.** This is especially indicated in extraction cases without implant replacement. If bleeding occurs, apply direct pressure to surgical area with a moist gauze or tea bag for 15 minutes and hold with finger pressure. If bleeding does not stop please call your Doctor.

BRUISING of the face can occur after surgery. This is a normal postoperative occurrence. Taking Arnica Montana will help to decrease the extent of bruising. (Arnica can be found at Lori's Natural foods, Wegman's or the Vitamin Shoppe)

INFECTION if you have swelling with a feeling of hot/warm to touch and/or foul taste in your mouth that you feel may be an infection please call your surgeon.

SMOKING delays healing by reducing oxygen and blood flow to the tissue. Do not smoke after your surgery. If you smoke, you will negatively impact the outcome of your surgery.

FOOD/DRINK Do not eat/drink anything hot for 1 hour after your surgery or until the anesthetic wears off. Keep diet soft for 1 week and chew on opposite side from surgery. Suggestions: cooked soft vegetables, pasta, soups, yogurt, etc... Avoid popcorn and food with small seeds or nuts.

EXERCISE No aerobic exercise, strenuous work, lifting or bending for **24-48 hours** after surgery.

SENSITIVITY Tooth sensitivity is common after surgical procedures and will improve with time. Check with your doctor if sensitivity persists and a fluoride desensitizing treatment will be applied in the office. Additionally concentrated fluoride toothpaste can be prescribed.

HYGIENE Gently rinse the surgical area with prescription rinse until directed to stop. **Do not brush the surgical area until instructed to do so.** Regular brushing will normally begin after the sutures are removed. **Clean all other areas of the mouth normally,** a clean mouth heals faster.

SOFT TISSUE GRAFTS We recommend that you eat a soft diet and keep your clear stent in as much as possible (if indicated). Follow your individual Doctor's instructions and do not put your tongue near the sutures or surgical site. You can remove or dislodge them and the area may need to be re-sutured.

946 Main Street • Hackensack, New Jersey 07601

tel: 201.343.25550 • fax: 201.343.9112 • www.periodontalsolutions.com