

## PREOPERATIVE INSTRUCTIONS and TIPS for PERIODONTAL SURGERY

***What do you need to do before the procedure?*** Periodontal surgical procedures are usually minor surgical procedures performed with a local anesthetic such as you receive for routine dental work. Most patients drive themselves to and from the procedure and are back at work the same day or the next day.

***Do you take “over the counter” or prescription BLOOD THINNERS ?*** Please check with Dr Baldassarre for the details, below are general guidelines:

Over the Counter Blood Thinning Medication include aspirin (acetylsalicylic acid), non-steroidal anti-inflammatory medications (such as ibuprofen, motrin, aleve, advil and others) and some supplements such as ginkgo biloba, fish oil and vitamin E

\*\*unless your physician state otherwise, aspirin needs to be discontinued SEVEN days prior to the procedure. Non-steroidal anti-inflammatory medications can be discontinued 48 hours prior to the procedure.

\*\*you may take Tylenol (acetaminophen) at any time.

Prescription Blood Thinning Medication: Dr Baldassarre will coordinate discontinuing “blood thinning medications” prescribed for medical reasons with your physician, we usually need you to discontinue these medications 3-4 days prior to procedure.

***Do you need to take an antibiotic before the procedure?*** This is determined at the consultation appointment with Dr Baldassarre. If something has changed or you have any questions, please contact us. Common reasons for needing antibiotic PRE-medication include artificial heart valves, artificial joint replacement and some diabetic patients. We can make prescriptions available for you.

***Do you want a prescription for a medication to relax you prior to the procedure?*** There are medications that can be prescribed to help you relax. These arrangements need to be made in advance so that you can pick up the prescription needed from your pharmacy. Please give us TWO BUSINESS days to provide prescriptions needed in advance. You will need a driver to and from the procedure.

***Do you need a driver?*** Normally you do not need a driver as we use just a local anesthetic such as you have for routine dental work. You can drive yourself to and from the procedure

You need a driver if you are taking a prescription medication to relax you prior to the procedure or you have asked us to administer “intra-venous sedation or general anesthesia” for you.

***What can I expect after the procedure?*** *Specific post-operative instructions will be given to you the day of your appointment, but here are a few questions you may want answers to now.*

What prescriptions will I be given following the procedure? Commonly prescriptions for an antibiotic and pain medicine are provided. PLEASE NOTE- if you need prescriptions PRIOR to the procedure we appreciate two business days’ notice to make them available. Some prescriptions cannot be called in.

What can I eat after the procedure? Eat foods that are easy to chew, cutting your food up into smaller pieces. Avoid hard, crunchy foods the first few days following the procedure. Pasta, stews, soups, yogurt

How do I take care of my mouth after the procedure? You will avoid brushing and flossing the surgical site for one week. You can brush and floss all other areas of your mouth. Use toothpastes that only contain “cavity protection” for the first week. Do not use mouth rinses for several days following the procedure. These ingredients can irritate and delay healing.