

PREPARING YOURSELF FOR PERIODONTAL SURGERY

INTRAVENOUS SEDATION

Nothing to eat or drink for six (6) hours prior to surgery. However, please take any prescribed medications unless instructed otherwise. If you are scheduled for an afternoon intravenous sedation surgery, please get up early enough to eat breakfast at least six (6) hours prior to surgery. **A responsible adult must take you home and remain with you following your surgery.**

LOCAL ANESTHESIA

No restrictions. You may eat and drink prior to surgery and drive to and from the office. We encourage you to eat a light snack before your visit. Please do not skip meals.

IMPORTANT THINGS TO FOLLOW

- ◆ Any aspirin or anti-coagulant treatment will be addressed on an individual basis by your doctor prior to treatment.
- ◆ Please do not donate blood for 3-4 weeks prior to surgery.
- ◆ No alcohol consumption 24 hours prior to surgery.
- ◆ Take your normal prescription medication, unless instructed otherwise.
- ◆ Notify staff of any medications that you take the day of your surgery.
- ◆ Wear a short-sleeve garment the day of your surgery.
- ◆ Wear comfortable walking shoes, no high heels.
- ◆ If you are having intravenous sedation surgery, remove nail polish.
- ◆ Remove contact lenses the day of your surgery.
- ◆ Prepare ice packs and have soft nutritious foods available at home.
Nutritious, easy to eat foods include: milkshakes, cottage cheese, yogurt, soup, ground meat, eggs, etc..

RECUPERATION TIME

The average recuperation period is 1-3 days, although some people require additional time. Normally we advise rest on the day after surgery do not require any more time off from work. There is no mandatory length of bed rest required.

Our staff and your doctor are available to answer any questions. Please do not hesitate to call. The after-hours emergency number is (916) 788-1114