

Pre-operative Tips

Here are some general tips that will help you prepare for your periodontal procedure.

At your consult appointment, your periodontist made specific recommendations for your surgery.

Please follow their recommendations if they differ from this tip sheet.

- **Has there been a change in your health?** Please contact the office if there has been a change in your health and/or if you are taking new medications or supplements.
- **Are you taking a medication that thins your blood (Aspirin, Vitamin E, garlic pills, Plavix, Pradax, Xarelto, Eliquis, or Coumadin)?** Please follow the directions your Medical Doctor or periodontist gave you regarding your medication and surgical appointment. If you can't remember what to do, contact the office. **Alcohol should be avoided the day before, the day of , and the day after surgery as it can cause an increase risk of bleeding.**
- **For pain management** we recommend Advil (ibuprofen) and Extra Strength Tylenol (acetaminophen). A child's ibuprofen dose is dependent on their weight. Contact the office if you are unsure of the ibuprofen dose needed for your child. If you can't take ibuprofen or Tylenol, please review this with Dr. Richardson.
- **Eating tips:** For surgical treatment without oral sedation, eat a good breakfast or lunch before your procedure. Following the periodontal surgery, your mouth will be numb from the local anaesthetic for a few hours. We recommend liquids (warm soup, smoothie, Ensure or Boost) until the freezing is gone. Once the local anesthetic has worn off, you can eat soft foods away from the surgical site. Avoid straws, hot temperatures, small seeds, and popcorn, spicy, and acidic foods.
- **Plan on going home after the periodontal surgery.** You may go to work the next day if you are feeling well enough.
- **Reduce physical activity the first week after your surgery.**
- **Have an ice pack in your freezer.** We will recommend that you apply an ice pack to the outside of your face for 10 minutes on, 10 minutes off for half an hour. Repeat this technique so that you have iced your face a total of 2-3 hours in the first 24 hours.
- A detailed post-operative sheet will be reviewed and given to you on the day of your periodontal surgery.

• **If you require a mild oral sedative to help you relax, please remember the following information:**

Please decide on whether you need this medication at least one week before treatment so that it will be ready on your arrival to the office. You will need to tell us your weight so that we are able to dispense the correct dose of medication. On the day of your dental procedure: fast 2 hours before taking the sedative, your finger nails should be free of nail polish, you will need to arrive at the office 1 hour prior to the start of your surgical appointment and an escort is required to drive you to and from the appointment as the medication will make you drowsy and forgetful. Please also wear a t-shirt (short sleeves). Your blood pressure will be taken throughout the appointment.

• If you would like more information on the recommended treatment, please refer to the **Canadian Academy Of Periodontology www.cap-acp.ca**

• **Some employees are very sensitive to perfumes, colognes, aftershaves and other scented products. Please refrain from wearing them in the office.**

This information sheet can be found on our website:

www.richardsonperio.ca

last update 29 Sep 2019