

## Preparing for Your Surgery / Pre-OP Instructions

Please take the time to read these instructions at least a week prior to your surgical appointment so that you will be adequately prepared. **These instructions will improve the outcome of your surgery, ensure the safety and effectiveness of your surgery and decrease the risk of complications.**

### PAPERWORK TO COMPLETE

- Read the consent forms and sign them the day of your surgery. Bring the signed consent forms to your surgical appointment.

### LENGTH OF SURGERY

- Plan on being in our office for two or more hours depending on the type of surgery being done.
- Your surgery time has been set aside specifically for you. If you find it necessary to reschedule your appointment please allow 2 business days to avoid a cancellation fee.

### PHYSICAL HEALTH CONSIDERATIONS

- Please tell us if any of your medications have changed or there is a change in your physical health before the appointment.
- Take your regular daily medications before your surgical appointment. (Including blood pressure medicine, diabetic medications, aspirin, etc.) Let us know if you are taking other blood thinners.
- If you are feeling ill, please notify our office within 24 hours.

### EATING BEFORE SURGERY

- **Eat your breakfast or your lunch before your appointment.**

### THINGS TO CONSIDER

- We recommend you take Advil / Ibuprofen (400-600mg) or Aleve / naproxen (220mg) the day of the appointment. Also have that and Tylenol available for after your surgery. The combination of NSAIDS (Ibuprofen or naproxen) and Tylenol / Acetaminophen is the most effective way to manage post-operative discomfort.
- Get a good night's sleep before your surgery, and eat a good dinner night before.
- Wear comfortable clothing and no perfume or makeup.
- Try not to plan business or social activities the day or evening of your surgery. Only a light schedule is recommended for the day following.
- **Plan not to work out or do heavy manual labor for 1 week after your surgery to prevent bleeding and swelling.**
- It is a good idea to stock your refrigerator with soft foods. While considering soft foods, always remember to consider ones high in protein. **Avoid any foods that are too hot, hard, chewy, crunchy, or spicy.** You will need to maintain this diet for at least 10-12 days following your surgery.

## Seattle Periodontics and Implant Dentistry

- **Soft Food Suggestions:** Chicken, Fish, Ground meat, Shredded meat, Eggs (*poached or scrambled*), Cooked Pasta, Rice, Apple sauce, Avocados, Bananas, Beans, Broth, Cooked Cereals (cream of wheat, grits or oatmeal), Cooked Vegetables without seeds or skins, Cottage cheese, Cream cheese, Custard, Ice Cream, Jell-O, Mashed potatoes, Mashed pumpkin, Milk shakes, Mousse, Pancakes, Protein shakes, Pudding, Smooth Nut Butters, Smoothies, Soups, Tofu, Yogurt, or Food supplements such as Metrecal or Ensure.
- **Flight Restrictions:**
  - **Domestic flights :** No Flying for at least 3 days after your surgery
  - **International Flights:** No Flying for at least 1 week after your surgery.
- If you are a smoker there are significant benefits to stopping smoking prior to surgery and avoiding smoking after surgery. Smoking is known to delay wound healing.

### AFTER THE SURGERY

- Post-operative prescriptions may be given to you at the appointment or phoned in to the pharmacy of your choice. Please provide us with that information prior to the day of your surgery. (*Percocet and Vicodin cannot be called in to a pharmacy.*)
- A post-operative appointment will be required to remove sutures and monitor healing. This appointment will be scheduled 10 to 14 days after surgery.

### FINANCIAL MATTERS

- **Payment is due on the day of surgery.** Please bring your payment in the amount that was discussed at the time of your consultation.
- **Any insurance changes or financial questions should be discussed prior to your scheduled treatment.**
- We accept cash, check, Visa, MasterCard, American Express, Discover and Care Credit.