



## PRE-OPERATIVE INSTRUCTIONS

- Do not exercise the morning of or before your procedure
- Do not drink any coffee or caffeinated beverages the morning of or before your procedure
- Do not drink Alcohol the night before
- Please Plan to arrive 30 mins earlier than your scheduled procedure time
- Continue to take normal medication unless otherwise instructed by Dr. Prokopets or other Physician(s) . **Please refrain from taking the following before your procedure: aspirin, plavix, coumadin, xarelto, etc.)**
- **PRF Patients: Do not take any NSAIDS (Aspirin, Ibuprofen, Aleve, Naproxen, Meloxicam) for 1 week prior to your surgery.**
- You may eat a normal breakfast or lunch before your procedure EXCEPT IF YOU ARE DOING IV SEDATION WITH YOUR PROCEDURE.
- If you are doing any of the following sedation options: *Oral Sedation, Oral Sedation plus Nitrous Oxide (Laughing Gas), or Twilight IV Sedation* **YOU MAY NOT OPERATE ANY MOTOR VEHICLES FOR 24 HOURS AND MUST HAVE A DRIVER TO BRING YOU TO OUR OFFICE AND DRIVE YOU HOME.**
- All procedure consents and final payment will be completed before starting the procedure and before taking any sedatives.

*\*\*For further questions revolving after care of your procedure, please refer to your Post Operative Guidelines.*

If you have any additional questions or concerns about our Pre Operative Instructions, Please give us a call at our office 301-941-0525, we all are more than happy to help make your visit with us as relaxing and enjoyable as possible!



## INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. As you arrive home, use a cold pack on your face next to the surgical area to help keep the swelling down. Wet washcloths frozen in a Ziploc bag are beneficial. Keep the cold packs on for 20 minutes, and off for 20 minutes. Repeat this sequence for several hours. The application of a cold pack usually is the most beneficial in the first 24 hours, and should not be used after that.
2. Most patients will have some degree of swelling following periodontal or implant surgery, and this will occur anywhere from day 3 through 5, and then will go down. If you feel the swelling is severe, and have had no change in degree at all and you feel that you have a fever, please call your doctor.
3. You will have some discomfort in the area of the surgery. Please take any prescribed medications by your doctor as indicated. If you were given an antibiotic, please take this entire prescription until it is gone.
4. **Do not attempt to brush or floss the area of the surgery. It is ok to brush and floss other areas of the mouth, but avoid the surgical area.** It is beneficial to rinse VERY gently several times throughout the day with warm salt water, an over the counter mouth rinse, or with a prescribed mouth rinse.
5. Avoid smoking and alcoholic beverages for the first week. Both of these items interfere with healing and can cause additional postoperative problems.
6. Please limit your physical activities following surgery. Do not do anything strenuous for the first 3 days post-op. You can begin to exercise lightly after the 3<sup>rd</sup> day. Try to take it easy and get plenty of rest on these days.
7. If you have sutures in place, and you feel that one is loose, do not attempt to remove these on your own.
8. If you have a dressing in place, please try to avoid touching this area and dislodging this. If this dressing falls out prior to your post-op appointment, simply throw this away.
9. It is common to have some slight oozing of blood mixed in your saliva for 24-48 hours following surgery. Wet gauze or damp tea bags held with pressure on the surgical site will usually control any bleeding. If you had a gum graft surgery where the graft was taken from the roof of the mouth, and you are seeing blood, it is most likely coming from the roof of the mouth. Please do not touch the area of the graft even if you think it is bleeding. If you do see excessive bleeding or heavier amounts of bright red blood, please call the office.
10. Drink plenty of cool fluids in the first few days, such as water or fruit juice, but try to avoid sucking through a straw for the next few weeks.



11. Try to eat softer foods for the first week, and try to eat away from the surgical site. Avoid spicier foods, and tougher foods that require a lot of chewing.
12. If you feel that you are not getting enough nutrients, it is helpful to supplement your diet with a nutritional drink such as Ensure. Some suggestions are listed on the next page for food to eat during this post-op time.
13. Please do not pull the lip down for the first 2 weeks following any gum surgery. Also avoid wearing any appliances that could put pressure on the surgical areas (retainers, c-pap machine, etc.).
14. Following any periodontal surgery, please eat soft or mushy foods for the next few weeks. Please do not bite anything with the teeth that had surgery. Please do not use straws for the next few weeks.
15. Avoid hot food and beverages for the first few weeks. Anything you do eat or drink must either be at a warm or cool temperature.
16. If you feel like anything is out of the ordinary, or have any questions, please call the office – we are here to help.

**16. Soft tissue augmentation and grafting procedures are the most delicate oral surgical procedures. Grafts CANNOT be disturbed while healing as they need to be immobilized to get blood, oxygen, and nutrients. Moving the lips; whether by pulling them away with the fingers or by exaggerated facial expressions, will result in graft failure. It is very important to leave the graft alone undisturbed. It does not matter if you only do it once; all it takes is once for the thin blood vessels to get severed or the sutures to get loose. WE CANNOT EMPHASIZE THIS ENOUGH.**

**If you have difficulty breathing call 911 immediately!  
In an emergency please call our office emergency line – 301-910-7201**



### **Diet Following Periodontal Surgery**

It is most important that you maintain a nutritious diet during the weeks of healing. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. The foods listed below are planned to provide the body with adequate vitamins and minerals. Avoid foods containing tomatoes, onions, peppers, or spices of any kind.

#### **Suggested breakfast foods (blend if needed)**

Apple juice, orange juice, milk, ovaltine, tea, or coffee. Stewed fruits, prunes or similar fruits should be well mashed or sieved. Cooked cereals such as oatmeal or cream of wheat. Eggs: soft boiled, soft scrambled, poached, or soft fried. Bread should be softened with gravy or vegetable juice. Milk toast. Donuts softened in milk or coffee. Liquid supplements as above.

#### **Suggested lunch and dinner foods**

Home cooked broth, bouillon, soups. Ground beef. Baked or broiled fish (or fried fish with crust removed). Broiled or stewed foods finely chopped. Chicken noodle soup, cheese and macaroni, eggs as above, breads as above. Milkshakes and ice cream. Baked or whipped potatoes. Asparagus, peas, carrots, lima beans, string beans (all mashed). Cottage cheese, cream cheese, cheese soufflé, canned pears, baked apples. Cooked vegetables and meat juices, puddings (home prepared), Jell-O, custards, stewed fruits, pound cake.

REMEMBER: You may eat any soft foods that are not irritating. You may chew if it is not too uncomfortable to do so. If you are experiencing difficulty in eating properly, the use of one of the commercially available dietary supplements (such as Instant Breakfast, Ensure, etc.) may be used, and the daily intake of a multivitamin is recommended.