

HYDRATION is ESSENTIAL!

DRINK DRINK and DRINK , consume more water!!

Please follow a proper hydration protocol before your periodontal treatment.

1. 48 - 24 hours prior to your procedure, drink a minimum of SIX to EIGHT 8 fl oz. BOTTLES of water each day, or more if possible.
2. DO NOT consume alcohol, teas or anything containing caffeine. avoid diuretics of any kind 24 hours prior to surgery. (For Rx diuretics, consult your MD)
3. Please arrive early and request our team to provide you with a bottle of water. Drink an entire bottle of water prior to your appointment.

For the convenience of our patients the Doctor or a live member of the Perio & Implant Team is on call even after hours for any urgent needs you may have post surgery.

It is our goal to exceed your expectations in dentistry.



Perio & Implant Center Of The Monterey Bay

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