



*These instructions are designed for your comfort and protection. Failure to follow any of these instructions may require us to cancel your appointment for that day. Should any other circumstance develop that would require the postponement of your surgery, such as an illness (cold or flu), please notify us as early as possible.*

Before surgical procedures WITHOUT sedation:

1. Be present 15 minutes before your scheduled sedation/surgery time.
2. Take any prescribed medications as indicated by your doctor, and if no sedation is performed be sure to eat a small meal prior to coming to your appointment.
3. If **no** sedation is being administered, you will be OK to drive yourself home. If you feel anxious about your appointment, it is beneficial to have a friend or family member come with you to your appointment.

For surgical procedures WITH IV sedation:

1. Be present 15 minutes before your scheduled sedation/surgery time. 2.
3. Do not wear long sleeves, contact lenses, cosmetics, eye makeup, or perfume/cologne.
4. You must have a responsible adult drive you to your appointment. Your driver may remain at the office while the procedure is being done and the patient will be released to this person after the procedure is done. We cannot release the patient to a taxi driver or an Uber/Lyft driver.
5. You must not drive, operate machinery, make important decisions, or work for approximately 24 hours after your sedation. Arrangements should be made to have someone help care for you during this post-operative time.

For surgical procedures WITH ORAL SEDATION:

1. Be present 30 minutes before your scheduled sedation/surgery time
2. Take any prescribed medications before surgery; eating a very light meal is okay.
3. You must have a responsible adult drive you to your appointment. Your driver may remain at the office while the procedure is being done, and the patient will be released to this person after the procedure is done. We cannot release the patient to a taxi driver or an Uber/Lyft driver.

4. You must not drive, operate machinery, make important decisions, or work for approximately 24 hours after your sedation. Arrangements should be made to have someone help care for you during this post-operative time.

### INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

If you are prescribed any pain medication that contains respiratory, cardiac or central depressants, like Lortab, Lorcet, Tylenol #3, Vicodin, and Percocet, please make sure that you DO NOT take any for 8 hours following the procedure.

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 10 minutes, and off for 10 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 a periodontal or implant surgery, and this will occur on days 2-3, and then will go down. If you feel the swelling is severe, and you feel that you have 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 mouthrinse, or with a prescribed mouthrinse.
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 doing anything strenuous for the first 3 days postop. 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 postop 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 teabags 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 first 24-48 hours. 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. 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 postop time.
11. Please do not pull the lip down for the first week following any gum surgery. Also avoid wearing any appliances that could put pressure on the surgical areas (retainers, c-pap machine, etc.).
12. Following any periodontal surgery, please eat only liquid foods for the 1<sup>st</sup> 3 days, and then transition into softer or mushy foods for the next 4 days. Please do not bite anything with the teeth that had surgery. Please do not use straws for the first 48 hours.
13. If you feel like anything is out of the ordinary, or have any questions, please call the office – we are here to help.
14. 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 Dr. Prokopets – 480-231-2777

## Instrument for 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 multi-vitamin is recommended.