

BEFORE PERIODONTAL SURGERY

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last-minute questions. We can be reached at (314) 434-4676 during regular business hours.

It may be important to stop taking aspirin and over-the-counter anti-inflammatories such as Motrin and Advil, 7-10 days prior to your surgery. If you are taking Coumadin or another blood thinner, remember to discontinue them as directed. If you take antibiotic premed, please take it as directed before your surgery.

You will feel better if you have eaten prior to surgery. We keep the office cool, so dress warmly and comfortably. You may bring your portable music player and headphones with you if you like.

In order to evaluate your progress and healing, we will see you for post-operative checks during the first 1-5 weeks, with the interval and frequency depending on the type of surgery. In most cases, after surgery we will also look forward to seeing you back for a periodontal maintenance cleaning and an examination of tissue maturation about 10-12 weeks following the surgery.

ANTIBIOTICS

Please alert the office to any allergies or sensitivities that you might have to antibiotics. You will be prescribed an antibiotic if our doctor determines it to be necessary. Take as directed until gone. We advise not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

FOOD SUGGESTIONS

When preparing a post-op menu, please consider some of the following choices:

- Jell-O
- Bananas
- Yogurt
- Pasta
- Milk Shakes
- Casseroles
- Eggs
- Fish
- Cottage Cheese
- Ensure/Slim Fast
- Soups
- Pudding
- Rice
- Apple Sauce
- Oatmeal
- Macaroni & Cheese