

**Westshore Periodontics & Dental Implants Christopher A Connors, DMD**

**PREPARING FOR APPOINTMENT**

**PRESCRIPTIONS/MEDICATIONS:** If applicable, prescriptions will be sent to your pharmacy once appointment is scheduled. Be sure to check prescription status with your pharmacy and call if there are any issues prior to your appointment. Take prescriptions per written instructions. Peridex rinse is to be started the day after your procedure. Make sure you have Ibuprofen and/or Acetaminophen on hand for pain management.

**TRANSPORTATION:** If you have decided against any sedation, you may drive yourself to and from appointment. If you have scheduled sedation, you will need a driver to drive you to and from appointment and they must stay in the waiting room during your entire procedure.

**MEALS:** Unless you are getting IV sedation, please eat before your procedure as you will be numb for a few hours afterwards.

**BLOOD THINNER PROTOCOL:** If you are on blood thinners, a clearance note from your primary physician is required prior to any procedure. The note needs to state how long you will need to be off of the blood thinners before any treatment is started.

**FISH OIL:** Stop Fish Oil 2 weeks prior to appointment.

**ASPIRIN:** Stop Aspirin 1 week prior to appointment, with physician clearance.

**PREMED:** Take your premedication as directed.

**OTHER MEDICATIONS:** Take all other medications/vitamins as directed.

**POST SURGERY EXPECTATIONS:** There will most likely be stitches that will be removed at your post op appointment. They may come loose. This is ok. If they are bothering you, please call our office and we can move up your post op appointment. You can expect some swelling and discomfort which can be controlled with the use of medications, ice and rest.

**POST SURGERY DIET:** You will be eating softer foods for a few weeks after your procedure. Stay away from seedy fruits, steak, salads, chips, cookies and rice. Some suggested foods to eat are eggs, pasta, yogurt, ground beef, potatoes, non-seedy fruits, soups and milkshakes. A good rule is you can eat anything you can cut with a fork.

**POST SURGERY EXERCISE:** Avoid strenuous activity for the first week post surgery. No heavy lifting or running. Walking is fine.

**PAYMENT:** We collect payment in full on the day of your appointment for services rendered according to our estimates that were presented to you during your previous visit.

**If there are any questions regarding your treatment please give us a call at (440) 471-4711.**

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SEDATION OPTIONS

**HALCION (oral sedation):** Similar to Xanax, you will be in a "twilight state". You will need someone 18 or older with a valid driver's license to drive you to and from your appointment. **YOUR DRIVER MUST STAY IN THE PARKING LOT DURING YOUR PROCEDURE.**

**IV SEDATION:** Put to sleep under moderate conscious sedation. Do not eat or drink 6 hours prior to appointment except enough water to take any medications as prescribed to you. You will need someone 18 or older with a valid driver's license to drive you to and from your appointment. **YOUR DRIVER MUST STAY IN THE PARKING LOT DURING YOUR PROCEDURE.** Please wear a short sleeve t-shirt and comfortable shoes (no heels) if opting for IV sedation. Also remove any nail polish on fingernails. Drink plenty of water the night before your procedure. Please refrain from drinking any alcoholic beverages the night before your procedure.

IV sedation cost is based on your insurance plan and limitations.

**\*\*** Once scheduled, we cannot add IV sedation to your appointment. In the case you decide after you schedule that you would like to have IV sedation, we will have to reschedule your appointment for a different day as we will need more time for the procedure. Failure to inform us of such may result in the appointment continuing without sedation (with your approval) or a rescheduling of your appointment and a same-day cancellation fee may be charged.

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### POST OP HOME CARE INSTRUCTIONS

You have just completed a surgical phase of periodontal therapy. As with any surgical procedure, some tenderness and swelling are normal and to be expected. Follow the instructions below to minimize both and promote healing. Some oozing is normal for 24-48 hours. Try to sleep with your head elevated with old linens. The discomfort usually peaks at post-surgical day two to four. Sometimes significant swelling and bruising can occur.

**MEDICATIONS:** 400-800 mg of Advil, Ibuprofen or Motrin is to be taken every six to eight hours for three to five days. In addition, 325 mg of Tylenol or Acetaminophen is to be taken every 4 hours if needed. This helps to minimize discomfort and reduce swelling. If Dr. Connors prescribed other medications, take them as directed. If Dr. Connors prescribed Norco or Percocet DO NOT TAKE ACETAMINOPHEN in addition to this medication. It is one or the other. Take your regular medications as scheduled by your physician.

**ICE:** Apply ice to the outside of your face at the surgical site, alternating 20 minutes on and 20 minutes off, for six hours after surgery. Then as needed for three to four days. This helps minimize swelling which generally occurs 24 to 72 hours after surgery.

**RINSES:** Salt water rinses are to begin the day following surgery and should continue until you return to the office for your first postoperative visit. Mix 1 teaspoon of salt with 8 ounces of warm water and gently swish as if using mouthwash. This will help cleanse the surgical area and promote healing. Rinses should be done 3 to 5 times a day, a good general rule is after meals. In addition, if Peridex was prescribed please rinse gently but very thoroughly every morning and night for 60 seconds for 2 weeks.

**DIET:** Avoid the surgical site. Eat soft, healthy foods and drink lots of water until your first postoperative visit. Examples include oatmeal, yogurt, bananas, pasta, fish, soups, potatoes, meal replacement shakes, etc. Adding a multi-vitamin is a good idea to promote healing and replace lost vitamins from the diet change. This is not the time for a weight-loss diet, it is important you get the calories required for healing.

**BRUSHING:** Be careful of the surgical site, but DO brush and floss the rest of your teeth. You may gently clean the surgical site with a cotton tip swab soaked in Peridex or Mouthwash or carefully with an extra soft bristle tooth brush; brushing away from the gums.

**THINGS TO AVOID:** Do not pull at your lip or look at the surgery site, this will tear the developing clot and inhibit proper healing. Do not drink through a straw. Do not smoke. Avoid vigorous exercise, extreme mouth movements & vigorous mouth swishing. Examples of acceptable exercise is a light walk or hike. If you push the limits and you feel pulsing or you start to bleed from the surgical site stop activity immediately and ice the area.

**CONCERNS/QUESTIONS:** If you have prolonged pain, severe bleeding, a fever or any other concerns or questions, please contact Dr. Connors at the number below. The doctor is often available 24 hours a day. Sutures may come loose or fall out before your post-op appointment. This is normal and does not require a visit.

**SINUS LIFTS:** If a sinus lift was required please avoid blowing your nose. If you feel congested take OTC Sudafed every 6 hours as needed. Afrin may also be used to alleviate congestion. Nose bleeding is common.

**IMPLANTS:** Do not use the implant healing cap to chew with as this can cause a failure.

**Dr. Connors emergency line (440) 847-8214 (Text is preferred. Photos can be sent.)**