

## Pre-surgical Instructions for Periodontal and/or Implant Surgery

To make your periodontal or dental implant surgery as pleasant as possible, here are some helpful tips:

### Food Consumption (Day of Surgery)

- Enjoy a light breakfast or lunch on the day of your surgery. If you have any form of sedation, please refer to the oral sedation instruction sheet for more details. Avoid caffeine, alcohol, cannabis, and garlic at least 12 hours before the procedure as this can increase the risk of bleeding during or after the procedure.

### Food Preparations (Planning for After Surgery)

- Have an assortment of nutritious drinks ready for a few days after your surgery. We suggest options like "Ensure," "Ensure Plus," "Sustacal," "Instant Breakfast," etc. These are available at grocery stores and come in various flavors. Other suggestions include pastas, milkshakes, eggs, mashed potatoes, soups, and macaroni & cheese.

### Medications

- Take your usual medications as directed for other medical reasons. Make sure your periodontal surgeon knows about any updates to your medical history since the last visit and all the medications you have taken 24 hours before your surgery.

### Clothing and Relaxation

- Wear comfortable, open-collar, short-sleeved shirts, and loose clothing to your surgery appointment. If possible, leave rings and other jewelry at home and wear minimal makeup (avoid nail polish)
- To help you relax during the procedure, feel free to bring your headphones to listen to your favorite music or show on your phone.

### Retainers or biteplane/nightguards

- If you have any retainers or a biteplane that you wear during day or nighttime, please bring these with you

### General Health

- Please call the office if you are experiencing coughing or other cold-related symptoms as this may lead to rescheduling your appointment.

### Smoking

- Kindly avoid smoking for 2 weeks before the surgery date [and at least 2 weeks after the surgery], as this can impair healing and increase the risk of complications following periodontal surgery.

### Time off

- Based on the type of surgery, your periodontist will recommend certain number of days to be either taken off or to be modified for work or social activities
- Usually, 3-5 days after the surgery is where the patients experience the most swelling and this should be anticipated

### Costs for Treatment

- Insurance pre-determination can be provided to the staff ahead of time to confirm any personal out-of-pocket expenses due at the time of procedure completion.