



# ADVANCED

PERIODONTICS & IMPLANTS

## Pre-Surgical Instructions

1. Please fill all prescriptions at your pharmacy prior to the day of surgery. Bring these medications with you to your surgical appointment. ***Please note that some medications may need to be started the day before or morning of the procedure.***
2. IV Sedation Considerations
  - It is necessary for you to have someone drive you home after today's appointment.
    - This driver does not need to remain in the office during the appointment. We will give him/her a designated return time and also take his/her cell phone number in case the procedure finishes early
  - As these sedation medications may stay in your system for 24 hours, it is recommended that you ***DO NOT*** drive or make important decisions for 24 hours following the procedure. Consider taking the day after the procedure off work.
3. Please refrain from all caffeinated beverages the day of the procedure, as these will make the sedatives less effective.
4. **Do not eat or drink for 6 hours prior to the procedure.** If medications need to be taken, they can be taken with 4 oz. of water.
5. Wear loose-fitting attire for the procedure, as various monitoring will need to be placed on the arms and chest.
6. If possible, avoid wearing contacts to the appointment.
7. Bring a pillow with you in the car if you plan on resting on the drive back home.
8. Prepare to have ice packs ready when you get home.
9. If you are currently taking an anti-coagulant medication (blood thinner), please inform Dr. Recker as it may be necessary to adjust the dosage prior to the procedure (with consultation from your physician).
10. If you are diabetic, you should follow your regular diet unless instructed otherwise by your dentist or physician.
11. If prescribed oral antibiotics and you are on contraceptive medications, please be aware that the antibiotics may interfere with the effectiveness of the contraceptive. You should plan to use an alternative form of contraception until your next cycle.
12. If you are having certain bone or soft tissue grafting completed, please be aware that you may not be able to donate blood for 12 months. Contact your blood donation center for more details.
13. Please discontinue the following medications (unless stated otherwise by Dr. Recker or your physician) as they have been associated with an increased risk for bleeding:
  - Aspirin should be discontinued 7 days prior to surgery. You may resume 2 days following the procedure (*unless your physician prefers you stay on the aspirin*).
  - Herbals supplements such as: Garlic, Ginger, Ginseng & Ginkgo Biloba should be discontinued 2 weeks prior to treatment. You may resume 2 days following the procedure.
  - Vitamin E (>400 IU) should be discontinued 2 weeks prior to surgery and may be resumed 2 following the procedure.