

Annapolis Periodontics

practice limited to periodontics and implant dentistry

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www.annapolisperiodontics.net

PRE-SURGICAL INSTRUCTIONS WITH ORAL SEDATION

1. No food or water for 12 hours prior to appointment (except medications that are taken on a daily basis).
2. No stimulants for 12 hours before and 12 hours after appointment (caffeine or nicotine).
3. No alcohol for 24 hours prior to appointment and for 24 hours after appointment.
4. No antacids or anti-depressants for 24 hours prior to appointment.
5. You must have someone drive you to your appointment and someone who can stay with you when you return home for 12 hours after procedure. No driving for 24 hours after your appointment.
6. No heavy lifting, operating of hazardous devices, no important decisions (no work) for 24 hours.
7. Please avoid stairs until you are completely recovered.
8. If you normally wear contact lenses we ask that you not wear them to your appointment.
9. Avoid drinking a lot of coffee and other fluids before the appointment. It is difficult to stop in the middle of surgery to allow you to use the restroom. Plan to use the restroom at the office before we begin.
10. Please wear clothing with short sleeves or sleeves that can be easily rolled up.
11. We will want you to get your prescriptions filled ahead of time. If we forget to give them to you, please ask.
12. If we will be doing more than one surgical procedure, your prescriptions may be refillable so that you can get them refilled prior to each surgery.
13. For a 2-week period *prior* to the scheduled date of your surgery, please do not take any medication that contains aspirin or aspirin-related products, such as Ibuprofen (Motrin, Advil) as an ingredient. These medications have an effect on your blood's ability to clot and could increase your tendency to bleed at the time of surgery and during the post-operative period. *See back for listing*
14. After the surgery, it is important for you to eat as normally as possible. Good nutrition is important for good healing. You may feel that you would like to eat soft foods for the first day or two. If so, please make them high protein foods such as scrambled eggs, ground beef, fish and cottage cheese. Please plan to have foods like these available. Drink plenty of fluids.
15. After the surgery, we would like you to keep the surgical area colder than normal in order to minimize bleeding and swelling problems. You may use either a regular ice bag or any convenient plastic bag with a towel wrapped around it. Please make provisions for this.
16. Research has shown that some antibiotics have a potential to interact with birth control pills causing the pills to be less effective when taking the antibiotic and possible for 7-10 days after completing the prescription.

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Medication, Herbal and Dietary Supplements that may increase tendency to bleed

Please check the labels of all medications that you take, even those available without a prescription, to make sure you are not taking any of these substances. ***Please consult your physician before stopping and prescription medication.***

If you need minor pain medication prior to your surgery, please take Tylenol (acetaminophen). If you are allergic to Tylenol or unable to take it for some reason, please notify us so that we might arrange for a suitable substitute.

Aleve
Alka Seltzer
Advil
Anacin
Anaprox
Anaproxn
Ansaid
APC
ASA
Aspirin
Ascriotin
Aspergum
Aspercream
BC Powder
B C Cold Powder
Bufferin
Buffex
Brufen
Cama Arthritis Pain
Reliever
Cephalgesic
Children's Aspirin
Clinoril
Congesprin
Cope
Coricidin
Coumadin
Darvon
Darvon with ASA
Disalcis Tablets Caps
Doan's Pills Regular and
Extra strength
Dolobid
Dristan
Duradyne Tablets
Easpirin

Ecotrin
Emprin
Emprazil
Excedrin
Equagesic Tablets
Feldene
Flurbiprophen Sodium
Fiorinal
Four Way Cold Tabs
Goody's Headache
Powder & Tablets
Ibuprofen
Indocin
Indomethacin
Magsal Tablets
Meclomen
Medipre
Midol-200
Midol Caplets and PMS
formula
Mobigesic Tablets
Norgesic & Norgesic Forte
Tablets
Pepto-Bismol Tablets &
Liquid
Percodan
Percodan-Demi
Perdantine
Quagestic
Robaxisal
Rufen
Sine Aid
Sine Off
Soma Compound w/
Codeine and without
Synalgos-DC Capsules

Talwin Compound Tablets
Trandate
Trental
Trilisate
Vanquish
Vioxx
Voltaren
Wesprin
Zactrin
Zorprin

Herbal & Dietary Supplements

Bilberry
Cayenne
Echinacea
Feverfew
Fish Emulsions
Garlic Supplements
Ginger
Ginseng
Ginko Biloba
Kava Kava & Valerian
Licorice Root
MaHuang (ephedra)
Salicin (Willow Bark)
St. Johns Wort
Vitamin E
Yohimbe