

Annapolis Periodontics

practice limited to periodontics and implant dentistry

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PRE-SURGICAL INSTRUCTIONS WITHOUT ORAL SEDATION

1. Eat a high protein meal before your surgical appointment.
2. 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.
3. Plan to use the restroom at the office before we begin.
4. Please wear clothing with short sleeves or sleeves that can be easily rolled up.
5. We will want you to get your prescriptions filled ahead of time. If we forget to give them to you, please ask.
6. 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.
7. 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*
8. 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.
9. 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.
10. 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.