



# PERIO HEALTH PARTNERS

Periodontal & Dental Implant Surgical Center

1815 S. Clinton Ave. Suite 500 Rochester, NY 14618  
O: 585-376-5300 Fax: 585-376-5300

## Pre- operative Instructions for Periodontal and Implant Surgical Procedures

### One week prior to procedure:

- Discontinue aspirin, NSAIDS, vitamin E and Ginko Biloba as directed.
- If you take “blood thinners” such as Coumadin, Plavix, or aspirin you may be asked to stop these temporarily.
- Have prescriptions filled. Prepare soft foods.
- Begin taking vitamin C 500mg daily and continue for one week after surgery.
- Begin drinking plenty of water (at least six 8oz. glasses/day) and continue for one week after surgery.

Other \_\_\_\_\_

### Day before the procedure:

- Do not drink alcohol.
- Begin rinsing with chlorhexidine mouth rinse 2x/day (AM and PM). Alternative rinse \_\_\_\_\_.
- Start antibiotic. Your antibiotic is \_\_\_\_\_. Take as prescribed.
- If a sedative is prescribed, take as directed and you may not drive. Your sedative is \_\_\_\_\_.

Other \_\_\_\_\_

### Day of the procedure:

- Eat an adequate breakfast and/or lunch. If you are having sedation you may advised not to eat.
- Wear comfortable clothes.
- Take antibiotic dose as directed.
- Take analgesic (pain medication that you prescribed for the procedure, such as Motrin or Tylenol) one hour prior to procedure. Do NOT take any other narcotic medications that you may have at home.
- Rinse with chlorhexidine mouth rinse prior to procedure.
- Begin Medrol Dose pack (steroid) if prescribed.
- Start taking Arnica Montana 30 (if recommended-to reduce bruising)- available over the counter.
- Take sedative if prescribed, you may NOT drive for 24 hours after surgery. You will need to be escorted to and from the procedure.

Other \_\_\_\_\_

The emergency number **during normal business hours, M-F, 8:00am- 5:00pm, is 585-376-5300.**

Please ask to speak with your Dr's. Treatment Coordinator: Natasa Nellis

After the procedure, the *afterhour's* emergency numbers are as follows:

**Dr. Lester cell phone: 585-752-9676**