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**Providing Periodontal Therapy and the Placement of Dental Implants**

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## **Pre-surgery Instructions**

### **For all surgery patients:**

- Plan to take the day of surgery and the day after surgery off from work. This may be "negotiable" depending upon the type of surgery being performed.
- Start taking Ibuprofen (600 mg/3 times a day) two days before the surgery and for three days afterwards. This will get ahead of the pain and will help prevent swelling.
- If you take aspirin or Plavix to thin your blood you should consider stopping these drugs 10 days before the surgery. Check with your personal physician if you have some questions about this.
- You should probably reduce physical (aerobic) activity for at least five days. Once again, this recommendation is "negotiable" depending upon the type of surgery being performed.
- You should plan to be around for 10 days after the surgery in case you have any complications.

### **For patients taking an oral sedative such as Halcion:**

- Do not drive after you have taken the oral sedative
- Do not plan to make any important decisions or engage in childcare after you've taken the oral sedative.
- Consider having someone stay with you for the rest of the day if you have taken an oral sedative.

### **For patients having Conscious Sedation (IV Sedation):**

- Do not drive after you have taken an oral sedative.
- If you are having Conscious Sedation, it is a good idea to make sure you are well hydrated. Start drinking plenty of fluids two days prior to the surgery.
- Do not have anything to eat or drink four hours prior to Conscious Sedation.
- You should have someone with you for the rest of the day after Conscious Sedation.

We would like your surgery to go as smoothly as possible. Following these instructions carefully will help in that regard. Please ask us any questions that you may have.

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