Pre treatment guidelines for patients scheduled for periodontal surgery or dental implant surgery.

The following guidelines are intended to facilitate the surgical process, and thus lead to more comfortable and pleasant treatment. Please follow these guidelines closely and call our office if you need additional help.

- **Take all** medications as prescribed, starting 24 hours before your scheduled appointment. *(All medications must be taken including Motrin, or Ibuprofen, as well as the mouth rinse. This protocol will facilitate an uneventful and more comfortable post-treatment outcome).*
- If you take a daily aspirin, or if you are any anti-coagulative medications, these must be stopped 5 days prior to the appointment.
- When filling prescription, also purchase over-the-counter extra strength Tylenol. This will be used to supplement and enhance the prescribed medications.
- **Females**, remove all make-up before coming to the office. Make-up will contaminate the surgical areas.
- If you are a smoker, try to cut back on the amount of smoking (if possible). This would include taking a lesser number of puffs on each cigarette.
- After surgery, anticipate modest bruising and swelling. This is normal following dental surgery. It will be controlled both by your medications, as well as ice packs on the outside of your face following treatment.
- Wear loose fitting clothing. Do not wear your finest finery, and try not to wear white or other light colored shirts.
- For females: thoroughly remove all make-up from below your lower eye-lid. Make-up will contaminate the surgical field and lead to a delayed healing process.
- Completely turn off your cell phones when you enter the office. **PLEASE!!**
- A detailed post-treatment instruction sheet will be given to you after we complete your procedure.
- **This time has been specifically reserved for you.** We need a minimum of 48 working hours notification, if you cannot make the appointment. A fee, for the full amount of the procedure is charged for broken appointments, or appointments cancelled without adequate notification.
Post surgical guidelines:
Dr. Richman’s phone numbers: (C) 404/784-7272 – (H) 404/252-4052

MEDICATIONS: Start taking all your medications as soon as you get home. What you took earlier does not count relative to your prescription. Take and finish ALL medications.

Antibiotics: Depending on what you have been prescribed, Doxycycline (Tetracycline) must be taken twice a day. Penicillin/ Amoxicillin/Augmentin, are taken three times a day, starting 24 hours before the surgery.

Analgesics (pain tablets): Motrin / Ibuprofen. Take one 600 mg tablet every six hours. 2 extra strength Tylenol must be taken in between the Motrin (Ibuprofen). Tylenol doubles the efficacy of the Motrin/Ibuprofen. Start 24 hours before the surgery. If this combination is not keeping you comfortable, call Dr. Richman at 404/784-7272.

Mouth Rinse: Periguard, or Peridex or Chlorhexidine, gently rinse with 15cc’s for 15 seconds, three times per day, starting 24 hours before the surgery. Continue until contents of bottle are completed. Do not swish vigorously, more bathing.

Steroid: (If prescribed) Decadron/Dexamethasone/Medrol Dosepak. Take as prescribed.

PRECAUTIONS: following the surgery, do not pull your lips or cheeks back to view the surgical site, especially if you have had any grafting done. This will pull the gum flap away from the area, resulting in a failure.

Do not allow your tongue to play with the edges of the gum or the sutures.
Do not brush directly onto the treated gum tissue; do not floss or use a toothpick in the treated area (for 1 week).

Gently bathe the area with Periguard, but do not rinse vigorously. This will cause ongoing bleeding.

Do not eat (or drink) anything hot, until you get your feeling back, to prevent burning and biting your lip. Once you get your feeling back there are no restrictions relative to eating or drinking. Drink large quantities of orange juice (for Vitamin C) during the healing period. It is also important to eat a normal balanced diet.

Swelling and bruising are normal post surgical features and will occur, please do not be concerned. All swelling should begin to decrease in 5-7 days. Swelling may be extreme – not a problem. Place ice packs over the surgery site for 30-40 minutes, 4 times a day for 4 days. However, if swelling and bruising is substantially worsening, please contact Dr. Richman. Expect some bleeding during the first 12 hours. If bleeding is excessive, this may be controlled by bathing (not rinsing) the area with a strong solution of cold tea and/or by placing a moist tea bag over the area and applying pressure over the tea bag for five minutes at a time.

Certain surgical procedures require a dressing over the operated area. If you have a dressing, it might be lost within the first 12 hours. This is normal.

All the treated teeth (including those covered with a dressing, where applicable) should not be brushed for 1 week. Continue to brush and floss the remainder of your mouth thoroughly.

Pain and discomfort are to be expected during the first week. In most instances, the medication prescribed should be adequate. Motrin must be taken consistently and finished even if you feel you do not need it.

Pain medication requiring a prescription, e.g. Tylenol III or Lorcet makes you sleepy. Do not drive a motor car or operate any machinery if you take prescription-type pain medication. Does not apply to Motrin/Ibuprofen.

All medications, including the pain medications must be completed. Certain medications, particularly antibiotics, (example Penicillin, Tetracycline, Doxycycline and others) are known to inhibit the effects of birth control medications. If you are on any form of birth control medication, please take appropriate precautions.

Patients taking Tetracycline (Doxycycline) should not be exposed to the sun or tan with tanning lamps.

If you experience severe nausea/ diarrhea/vomiting or dehydration, contact Dr. Richman