

Pre-Operative Instructions

Thank you for allowing us to help you with your treatment needs. Please see the following that may be helpful when preparing for your upcoming surgical treatment.

- If you were prescribed medications, please fill and pick up prior to your appointment and take as directed.
- We recommend you dress in comfortable (loose fitting) clothes. Please wear minimal makeup and no lipstick.
- We recommend you eat prior to the appointment unless you are scheduled for oral or IV sedation. If you are unable to do so, please inform our team upon checking into the office.
- Please ensure that you brush your teeth prior to your appointment.
- Please do not discontinue blood thinners unless directed to do so.
- If you take antibiotic prophylaxis for your heart issues or prosthetic joints, please take it as directed. This will also apply to your follow-up appointments.
- We recommend allowing 24 - 48 hours of rest following your procedure. Please allow 72 hours before resuming exercise, as not to elevate your blood pressure and heart rate. We recommend sleeping with the head elevated for the first night or two and placing a towel over your pillow as drooling may occur.
- We strongly recommend you refrain from smoking (including Marijuana) 48 hours prior to your procedure and a minimum of two weeks following. Smoking affects your healing, and it may delay your healing process and increase the risk of infection.
- Please feel free to listen to music during your procedure. You may bring your own device.
- Please bring your dental appliance (orthodontic retainer, night guard, etc.) that you currently wear to the appointment.

We will schedule you for a follow-up appointment after approximately 2 weeks. This may be in person or virtual appointment. Afterward, we will schedule you between 6 weeks to 12 weeks to evaluate the treatment outcome in the office.

Please allow three business days' notice for rescheduling to avoid a cancellation fee. Please contact our office if you have any questions.

Thank you,
Professional Perio Partners