

PRE & POST SURGERY INSTRUCTIONS

Name _____

Date _____

1. During the surgical procedure the gingival tissue may be repositioned against the tooth. Gingival recession and food impactions may be noticed after this is accomplished. However, every effort will be made to avoid repositioning the gingival tissue in the front area of your mouth to avoid creating any cosmetic problems.
2. **For patients having tissue grafting procedures, the procedure is designed to increase the thickness of the tissue to assist in slowing or stopping the recession and may or may not increase the height of the tissue on the tooth as per your discussion with Dr. Almaraz. For patients with bone loss between the teeth and an existing "dark triangle," complete root coverage is not anticipated.**
3. Teeth may be sensitive to cold for approximately three months following surgery.
4. You will be under our care for 3 to 9 months following surgery.
5. You will have sutures in your mouth for 1-2 weeks after surgery. You will be on a modified soft diet for 2 weeks. (anything you can cut with a spoon). No hot liquids or straws for 5 days after surgery. Avoid small seeds, i.e. strawberries, etc. Please refer to the attached diet sheet for recommendations.
6. All diabetic patients are expected to follow their normal medication and diet unless specified by your physician.
7. Be sure to take all blood pressure medication as directed by your physician the day of your procedure.
8. No exercise for 5 days following surgery. Avoid smoking at least 3 days before and after surgery.
9. Take _____mg Valium one hour prior to appointment. (Use our elevator to and from the appointment.) You **must have a known driver to and from** the office. **NO CABS OR UBER for your own safety.**
10. With oral Valium and IV sedation, do NOT eat or drink for 6 hours before your appointment. If IV sedation drink 6 glasses of water the night before Surgery. **NO ALCOHOL** and you **MUST HAVE A DRIVER to & from** the office.
11. There should be someone available to assist you for the first few hours after surgery so that post-operative instructions can be closely followed. Please have your driver check in with the receptionist and wait until dismissed by a staff member.
12. Place an ice-pack on your face where your surgery was for 20 minutes on and 20 minutes off until you go to bed the day of surgery.
13. Expect discomfort for 2 to 4 days after surgery. Take anti-inflammatory (for pain control) medication on schedule every 8 hours. Tylenol can be taken between doses of the anti-inflammatory if needed. Take antibiotics until gone.
14. Start taking the antibiotics _____ the day before surgery, the anti-inflammatory _____ is to be taken after surgery.
15. Please wear short sleeved blouse or shirt if you are having IV sedation and remove acrylic nails on your middle finger.
16. If you wear a partial denture, please bring them with you at the time of surgery.
17. If you are taking birth control pills, please use alternative means. Antibiotics can reduce their effectiveness.
18. **Patients taking 81 mg Baby Aspirin, and Blood Thinners (Plavix, Coumadin, etc.) are to stay on the regimen unless directed otherwise by your physician.**
19. Take O.T.C. Probiotics starting 4 hours before or after the prescribed antibiotics. Take 1 pill per day.
20. Other _____