

REVIEW THIS DOCUMENT BEFORE/AFTER YOUR APPOINTMENT.

Pre-treatment Guidelines for patients scheduled for periodontal therapy. (Updated Aug 2023).

Follow these guidelines closely and call our office if you need additional help.

- Advise our office of all **medication** you are currently taking, and any recent changes in medical history.
- If you are scheduled for **IV sedation**, no eating or drinking for at least eight hours prior to treatment.
- **Make-up:** Do not apply any makeup, including facial or eye makeup. This may contaminate the surgical area and result in potential infections.
- **Wear** a short-sleeve shirt to enable us to monitor your blood pressure.
- If you wear your **hair long**, tie it into a ponytail to avoid contamination of the sterile working area.
- 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.
- Bring your favorite light gentle music and earphones.
- Turn off your **cell phones** (not silence mode) when you enter our office.
- If you are scheduled for an **IV sedation** or take oral sedation e.g., Halcion, you **CANNOT** drive a motor vehicle either to or from the office. You must have a **driver** who is known to you and not a public transportation service Taxi/Lyft/Uber). Also, post IV sedation, it will be necessary to have someone with you for the next 12 hours.

Rescheduling: This time has been specifically reserved for you. A fee, for the full amount of the procedure, is charged for **broken appointments**, or appointments cancelled without a minimum of 48 weekday hours notification.

Post treatment Instructions:

- Medications: Basic pain and swelling medication ADVIL DUAL, a combination of Advil and Tylenol. During the first 12-24 hours take a maximum of two tabs every 6 hours. Thereafter, for the next 3 days, a minimum of 1 tab every six hours, and a maximum of 2 tabs every 8 hours. You will have a prescription for a Synthetic Narcotic, ULTRACET, Norco or Ultram. Fill it and have it available if needed. It replaces ADVIL DUAL.
- Any other medications, for example an antibiotic, should be taken as per container guidelines.
- Do NOT **brush, floss, or rinse** your mouth until the next morning, when you should resume gentle flossing, brushing and rinsing, except at the surgical site.
- Gently rinse with the **prescription Perdix** rinse, starting the next morning, without vigorous swishing 2 – 3 times per day until the bottle is finished.
- Take all **medications** as prescribed. Start the first dose immediately when you arrive home.
- Today, do not **drive a car**, until tomorrow morning, or if you are taking NORCO, , ULTRACET or TRAMADOL
- DO NOT **spit**, rinse vigorously, **smoke** or use **straws** for 4 days following your procedure. This creates a vacuum in your mouth which can cause post-operative problems.
- Avoid **exercise** or any strenuous aerobic activity for 5 days.
- Avoid **alcoholic** beverages for 6 days.
- Do not **eat or drink** hot foods until tomorrow morning. Nourishment is important for healing so please eat, however, stick to soft foods. These are any items that you can cut with a fork. Chew on the opposite side of your mouth.
- **Swelling and/or bruising** will occur, and this is both normal and beneficial. For some patients, swelling/bruising can be severe. Do not worry. This will subside after 5-7 days.
- Place an **ice pack** over the treated area, 3 times a day, 30 minutes per time for 3 days.
- If you have a flipper (**partial removable bridge**), it is possible you may not be able to wear it for several days due to swelling. Do not force it into position as it can do immense damage. Usually, a device known as an **Essix retainer** does not have these issues and can be worn comfortably the next morning.
- If any of the following occur or any other questions, please **call/text Dr. Richman 404/784-7272.**
- **Excessive bleeding, and/or blood clots, and/or severe pain. Severe pain**