



LAGRANGE PERIODONTICS

RECONSTRUCTION | ESTHETICS | IMPLANTS

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last-minute questions. We can be reached at (708)354-4545 during regular business hours.

If necessary, you will receive any **pre-operative prescriptions** with this instruction sheet. For your convenience, please have them filled prior to your scheduled surgery, unless they have been previously phoned into the pharmacy of your choice. Please bring your filled prescriptions with you to your appointment. Post-operative prescriptions will be sent electronically to your pharmacy the day of surgery.

We recommend the use of a mouth rinse called **Stella life**: <https://stellalife.com/products> , which should be used twice or three times a day. You can purchase it on their website or at our office. If you are using the gel version, you should swab the surgical site three times daily using a clean or sterile Q-tip.

We also recommend the use of **Benefiber Prebiotic Supplement**, which is a chewable supplement that you could use to help your gut flora. The antibiotics that you will be on, will disrupt the normal flora and can yield digestive issues. For some women, it may cause yeast infections.

Natural Vitality Calm is a magnesium supplement that can help your digestive health and prevent constipation. This also has a calming effect, which can help with your nerves.

Arnica sublingual tablets is an over-the-counter tablet that can be used 5-7 days preoperatively and post-operatively to help reduce inflammation.

It is not usually necessary to stop taking **aspirin and non-steroidals** (such as Motrin and Advil) prior to your surgery. Please discuss this with the doctor beforehand, or call the office for advice.

If you are taking **blood thinners** (e.g., Coumadin or warfarin, Plavix or clopidogrel, or others) you need to discuss with your doctor the proper procedures before any surgery. In general, it is no longer considered necessary to discontinue these anti-coagulant medications. It is imperative, however, that we be informed that you are taking them as there are certain procedures where we will want you to discontinue the medication before surgery and will need to review this with your treating physician.

If you take **antibiotic premedication**, please take it as directed before your surgery.

You will feel better if you have eaten prior to, but not immediately before, surgery. We keep the office cool, so dress warmly. You may bring your headphones to listen to music of your choice, if you would like.

To evaluate your progress and healing, we will see you for **post-operative checks**. Generally, this will be after 1-2 weeks, and sometimes a week or so later. In most cases, after surgery we will also look forward to seeing you back for a periodontal maintenance cleaning and an examination of tissue maturation about 10-12 weeks following the surgery.

Antibiotics

Please alert the office to any allergies or sensitivities that you might have to antibiotics (or other medications.) You will be prescribed an antibiotic if the doctor determines it to be necessary. Take as directed until gone. It is advisable not to take these medications on an empty stomach, as nausea may result. For women taking birth control pills, be advised that antibiotics may interfere with their effectiveness.

If you are taking an antibiotic and develop abdominal pain and/or diarrhea or frequent, loose bowel movements **stop** taking the antibiotic and call to speak with the doctor.

Sedatives

If you elect to use an oral sedative for a procedure you must have an escort to take you home from the office. If you use nitrous oxide ("laughing gas") for a procedure **you won't require an escort**, but may need to remain in the office for some time if the effects linger longer than expected. Remember, we encourage you to eat prior to, but not immediately before, your surgery.

Ativan (Lorazepam), Valium (Diazepam) and Triazolam (Halcion) are commonly used drugs for anxiety. Please discuss with your doctor whether you would like to use or receive a prescription for a sedative for surgery. **You will need a driver to accompany you.**

We also work with a board-certified medical anesthesiologist for those patients who desire a deeper level of sedation and anxiety control for surgery. **You will need a driver to accompany you.**

Food Suggestions

When preparing a post-op menu, please consider some of the following choices:

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| • Ensure / Slim | • Macaroni & | • Pasta |
| • Fast, or others | • Cheese | • Milk Shakes |
| • Soups | • Mashed Potatoes | • Casseroles |
| • Pudding | • Ground meat | • Eggs |
| • Rice | • Jell-O | • Fish |
| • Apple Sauce | • Bananas | • Cottage Cheese |
| • Oatmeal | • Yogurt | |