

Pre-Operative Instructions

Please read the following instructions very carefully before your periodontal surgery. If you must reschedule, please allow at least 7 full business days to change your appointments. Thank you for your cooperation.

Periodontal Surgery

Periodontal surgery is a low-risk, routine clinical procedure that is performed in dental offices across the nation. During surgery your periodontist is able to access and treat the diseased root surfaces and damaged underlying bone that would be impossible to reach non-surgically. There are various surgical techniques to treat periodontal disease and to enhance the cosmetic effects of your smile, and the majority of patients undergoing periodontal surgery do extremely well immediately after surgery without any significant interruption to their daily life.

Dress

Comfortable and casual clothing and footwear are preferred. Women should remove facial makeup on the day of surgery. Men should trim their facial hair.

Meals

A light meal is recommended prior to surgery unless otherwise instructed. Please also brush and floss your teeth before your surgical appointment.

Medications

If you are taking medications that have been prescribed by your physician, it is important that you continue to take them on the day of surgery unless otherwise instructed by Dr. Acharya or your physician. Patients who are on steroid therapy will require an increase in their usual dosage (increase in dosage to be determined by Dr. Acharya. Patients with medical conditions (artificial knee and hip replacements, heart disease, artificial heart valves, etc.) that require antibiotic premedication should take the recommended dosage as prescribed. If you are on any self-prescribed medication such as an aspirin per day, please inform Dr. Acharya. Aspirin is an anti-clotting medication that can increase bleeding during and after surgery.

Anti-anxiety Medications

Dr. Acharya may prescribe medication(s) that will make you drowsy to relieve your anxiety. It is important that you use the medication(s) as instructed. If you are taking any such medication, please have a very light meal about three hours before the surgery and arrange for a friend or family member to escort you to and from our office.

Over-the-Counter Pain Reliever

Studies have shown that patients who take over-the-counter pain relievers such as ibuprofen (Advil/Motrin), naprosyn/naproxen (Aleve), or acetaminophen (Tylenol) 24 to 48 hours prior to surgery experience less post-operative discomfort. The aforementioned medication should be taken only as directed by the drug manufacturer.



Pre-Operative Instructions Continued

Post-operative Medications

Depending on the type of surgery that is performed, your periodontist may prescribe a stronger pain reliever and an antibiotic. It is important that you inform Dr. Acharya of all drug allergies. Additional medications may be prescribed at the discretion of Dr. Acharya.

Post-operative Instructions

Please make sure that you follow all post-operative instructions that will be given to you both verbally and in writing at the time of your surgery. You may refer to the written take-home instructions as needed. The following areas are addressed: pain, bleeding, stitches/sutures, swelling, medications, diet/nutrition, physical activity, oral hygiene, do's and don'ts, and follow-up care. We will also provide a list of phone numbers that you may call in case of an emergency.