

**\*\*\*IMPORTANT: Not respecting these guidelines could result in the failure of your treatment\*\*\***

## Medications



- Mouth wash \*Peridex
  - ✓ Begin the day before surgery
  - ✓ Rinse your mouth every time with water 5 or 6 times before rinsing with peridex
  - ✓ Rinse for 1 minute twice a day. (max 3 times a day)
  - ✓ Do not drink, eat or rinse your mouth for 1 hour after rinsing with Peridex
  - ✓ One possible side effect of Peridex is appearance of stains on the teeth or the tongue. Brush your teeth well and use the tongue-scraper/ tooth brush to prevent the appearance of those stains. The stains are not permanent and can be removed by polishing during your upcoming cleaning appointment.
  - ✓ If you are rinsing with Peridex after brushing, rinse your mouth few times with water before rinsing with Peridex because the residual toothpaste might cancel out the effect of Peridex.
- Antibiotics (ex: Amoxicillin, Clindamycin...) if prescribed:
  - ✓ Start in the morning of the day before surgery
  - ✓ Finish the whole prescription
- Corticosteroids (ex: Dexamethasone) if prescribed:
  - ✓ Start in the morning of the day before surgery
  - ✓ 1<sup>st</sup> day : 8 mg 2<sup>nd</sup> day : 6 mg 3<sup>rd</sup> day : 4 mg 4<sup>th</sup> day : 2 mg
  - ✓ Finish the prescription
- Relaxant (ex: Ativan) if prescribed:
  - ✓ One dose 90 minutes before bedtime the day prior to surgery
  - ✓ Second dose 90 minutes before the appointment on the day of the surgery **(at the clinic\*\*)**
  - ✓ You must be fasting from midnight if you have a morning appointment. If you have an appointment in the afternoon, have a light breakfast (cereal and banana, toast and jam) before 8 am and maintain an empty stomach until your appointment. Avoid any fatty and heavy breakfast.
  - ✓ **Do no drive. Ask someone to accompany you.**
- Sinus rinse if prescribed:
  - ✓ Start using it as soon as you have the prescription until the morning of the surgery twice a day.
  - ✓ Do not use it after the surgery is done.
- Anti-histamines/Decongestants (ex: Allegra-D) if prescribed:
  - ✓ Start using it the day before the surgery.
  - ✓ After surgery, continue if recommended by your periodontist.
- Pain killers (ex: Ibuprofen, Tylenol...)
  - ✓ **Start only after surgery**
  - ✓ Take it according to the instructions every 4 to 6 hours the first 2 days and if needed the following days.
- Pain killer (Percocet) if prescribed:
  - ✓ It is a stronger pain killer
  - ✓ It will cause drowsiness so do not drive and do not operate any machinery.

**If you are taking blood thinners (Coumadin, Plavix, etc.) please stop the medications according to your physician's recommendation.**

## Some tips:



1. Buy in advance protein shakes like Boost or Ensure, ice cream or frozen yogurt, a frozen bag of peas, tea bags (black tea). If the surgical area is bleeding, putting black tea bag on the area helps with coagulation.
2. Get your medications in advance if you have the prescription.
3. Feel free to bring your mp3 player and earphones if you prefer to listen to music during the surgery.
4. Wear loose-fitting and comfortable clothes.
5. For women, please, do not wear makeup and nails polish. For men, please shave your beard.
6. Plan to take some time off from work if your work involves a lot of talking or physical activities. As for a desk job, it will be possible to go back to work the next day.
7. Do not plan any outings or sports activities for the first couple of days.
8. Please inform us if you use a device for sleep apnea.