

Periodontal Associates

OF MEMPHIS

Periodontal, Laser and Dental Implant Therapy

6268 Poplar Avenue · Memphis, TN 38119 · phone 901-761-3770 · toll free 800-824-1628
fax 901-761-3775 www.PerioMem.com Info@PerioMem.com

Roger D. Craddock, D.D.S.
Mitchel S. Godat, D.D.S., M.S.
Board Certified Periodontist

Partners Emeritus:
Preston D. Miller, Jr., D.D.S.
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Pre & Post Appointment Instructions: (Last updated Sept 20, 2011)

We want your treatment to be successful and your surgical experience to be as comfortable and pain free as possible. This requires your strict compliance with these instructions. Please read all instructions carefully. If you have any questions, please contact the office to talk with our treatment team. If downloaded from the website, this document must be reviewed with you by our team.

GENERAL INFORMATION:

- (1) Post-Operative instructions will be reviewed at your exam and on the day of surgery.
- (2) Please bring all instructions in your folder and all treatment medications in the provided bag to your appointment.
- (3) Take all your normal medications as prescribed by your physician unless otherwise instructed.
- (4) Take all your treatment medications exactly as prescribed with a small glass of water (even if having IV sedation).
- (5) Do NOT combine alcohol, tranquilizers or sleeping pills with medication(s). Doing so can cause severe reactions and may result in a medical crisis.
- (6) Do NOT wear jewelry (earrings, watches, etc), tight sleeves, or contact lenses.
- (7) Smoking, inadequate nutrition, and patient trauma after treatment cause the majority of post-operative problems.
- (8) If itching, skin rash, diarrhea, upset stomach, difficulty swallowing, difficulty breathing, or other problems occur, discontinue further use of medication and call the office or your doctor.
- (9) If sedated, someone else must drive you to and from your appointment.
- (10) If the patient is 13 years old or younger, all sedation medications must be taken in the office two hours prior to the treatment appointment!
- (11) For IV sedation cases, wear a loose fitting, short-sleeved shirt, and hydrate well the night before to make IV placement easier.
- (12) If you have had any changes in your health, medications, etc., prior to your treatment, please contact us.
- (13) Illness: If you develop any illness or respiratory problem (cold, flu, etc.) before your surgery, please contact us at least 48 hours in advance.
- (14) If you have a night guard, retainer, removable partial or denture, please bring it to your appointment.



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- SEDATION:** If you have been appointed for a procedure which requires sedation. Certain precautions must be considered prior to your appointment. Do not drive while taking sedatives and for 24 hours after discontinuing sedatives. Please read your Sedation Consent Form for additional information regarding sedation. If utilizing IV sedation, note you will have both Oral and IV sedation. It is advised to have someone watch you for at least four hours (sometimes longer) after the sedation.
- Oral Sedation (Pills)** are given to help you relax and may make you sleepy. You may be given one or more of the following sedatives: Ativan (Lorazepam), Vistaril (Hydroxyzine), Demerol Elixir, etc. If you are not having IV sedation, then you can have a light meal two hours before your appointment.
- IV Sedation** is sometimes given in addition to oral sedation to help you relax further. This is especially helpful for those who are nervous, have a gagging problem, or certain medical conditions. We use IV conscious sedation which combines Versed (a Valium-like drug) and Demerol (a narcotic drug). While you are not totally put to sleep, most patients do not remember the procedure and have a pleasant experience.

For **Morning IV Sedation Cases** – do not eat or drink anything after midnight except for taking your medications with a small glass of water. For morning IV sedation cases, do not take your antibiotic until after your surgery. Taking antibiotics on an empty stomach can cause stomach upset.

For **Afternoon IV Sedation Cases** – do not eat or drink anything 4 hours before your procedure. For afternoon IV sedation cases, take your antibiotic in the morning at least 6 hours before your surgery to avoid upsetting your stomach with antibiotics.

- ANTIBIOTICS** are used to treat your infection and/ or to prevent an infection after treatment. You may be given one or more of the following antibiotics; Amoxicillin, Metronidazole (Flagyl), Doxycycline, etc.

***Important Notes for Antibiotics:**

- (1) Antibiotics have been shown to reduce or cancel the effects of oral contraceptives (birth control pills). Use another form of birth control during the use of antibiotics and for 1 month after your last dose.
- (2) If you commonly have yeast infections when taking antibiotics, please let us know. Eating yogurt three times per day and/ or taking Acidophilus or Flora-Q (available at drug stores) may help alleviate this problem. We can also prescribe a prescription anti-fungal medication (Diflucan) if necessary.
- (3) Regardless of the antibiotic you are taking. Unless told otherwise, begin your antibiotics one day before your appointment. Continue taking the antibiotics as prescribed until they are ALL gone.



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■ **DISCOMFORT MEDICATIONS will help you stay comfortable.** It is best to treat discomfort before it happens. Therefore, take the discomfort medication before the local anesthetic (numbing medication) wears off. We suggest you take your discomfort medication with a milkshake and/or yogurt using a spoon to help the medication absorb into your body and to prevent stomach upset. **Three 200 mg tablets of Ibuprofen (Advil, Motrin, Walprofen, etc)** should be taken after surgery to reduce swelling and discomfort. Do not take other Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) while taking this drug. **One or more of the following will be prescribed for your comfort as a “back up” to the Ibuprofen; Tylenol # 3 (Codeine), Percocet (Oxycodone), Demerol, etc.** These are narcotics and are not always necessary with some types of treatment. Do not drive while taking and for 24 hours after discontinuing narcotics.

You can take Ibuprofen in between the doses of narcotics. This is called a “Staggering Dose.” Example: Take Narcotic or Tylenol, 3 hours later take Ibuprofen, 3 hours later take Narcotic or Tylenol.

*Do not take more than 3000 mg of Tylenol (Acetaminophen) per day. Some Narcotics contain Tylenol, that amount needs to be included in the total Tylenol daily dose.

* Do not take more than 3200 mg of Ibuprofen in one day.

*If you become nauseated (stomach upset) or vomit from medication, stop taking the medication and call the office. We can prescribe anti-nausea medications (i.e. Phenergan (Promethazine) 25 mg, etc.) to help you feel better.

■ **SWELLING & BRUISING** may occur in some cases and increase over the first few days. This is a **normal response**. Typically, the most swelling occurs on the third day. To control swelling for the first 48 hours after surgery, an ice pack should be applied to the face on the side of surgery (15 minutes on and 15 min off). This is most effective if used immediately following surgery and until bedtime. After 48 hours from surgery and until swelling is gone, a warm moist cloth or heating pad may be applied to the area to control swelling. Apply heat until swelling is gone. If swelling occurs it may be accompanied by bruising. If this occurs, continue applying heat until the bruising is gone. On the day of surgery, an ice pack will be provided for you. This can also be placed in a microwave and used as a heating pad.

□ **Steroids** (Medrol Dose Pak (Methylprednisolone)) may be used to decrease swelling and discomfort. The day before your surgery begin taking this medication. It is extremely important to follow the directions on the pack correctly. This means taking all the medication over the number of days indicated. If you have had steroids for more than two weeks within the last 2 years, please let us know.

■ **ACTIVITY & EXERCISE** must be restricted the day of and the day after surgery. Typically, patients return to work, school, etc. a day or two after surgery. Some patients may need more time to recover. It is in your best interest not to participate in vigorous physical activity for approximately two to three weeks after surgery. Additional limitations may be given on another form. If you notice throbbing in the treatment area while exercising, decrease your exercise regimen.



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- **EATING & PROPER DIET** will provide energy and nourishment to aid healing and comfort immediately after surgery. Please eat plenty of protein! Protein is essential for new cell formation and the healing process. Food can also aid in drug uptake and prevent irritating the stomach. **Take all medications with a full glass of water** to avoid stomach pain and cramps. **After treatment, take your medication with yogurt or a milkshake using a spoon.** Do not chew on the side where your surgery was performed. To prevent inadvertently biting your lip, do not chew any foods while still numb. Avoid the use of a straw for 5 days. Be sure to drink plenty of fluids such as Gatorade or Juice drinks (Apple Juice, White Grape Juice). You should also take vitamins while you are healing.

- **DO NOT EAT OR CONSUME** Spicy, Crunchy, Hard, Brittle or Abrasive Foods **for 6 to 8 weeks.** For example NO Nuts, Hard Candy, Tortilla/Potato Chips, Popcorn, Ice, etc.

- **AVOID** Salty Foods, Acidic Foods, and Hot Temperature Foods **for two to three weeks.** For example NO Orange juice, Grapefruit juice, Tomato Juice, Salsa, or Colas. Please make sure food temperature is not too hot especially if still numb.

- **Soft Food Diet:** You should remain on a Soft Food Diet for **10 14 21 30 45 days** (should be circled by team member). Gradually add your normal foods back to your diet after the above number of days. **Use a knife and fork to cut food**, so food can be swallowed without chewing. The following are soft food diet suggestions:
Breakfast: Scrambled Eggs with Cheese, Oatmeal, Cream of Wheat, Yogurt, Milk Shakes, Jell-O, Boost Energy Drink, Carnation Liquid Instant Breakfast, Ensure. **Lunch:** Macaroni & Cheese, Soups (Not too hot-see Avoid List), Tuna/Tuna Fish Salad, Chicken/Turkey Deli Meats, Jell-O. **Dinner:** Fish, Meat Loaf, Chopped Steak/Chicken, Sausage, Pasta with Alfredo Sauce, Steamed Vegetables, Mashed Potatoes, Loaded Baked Potatoes, Applesauce, Pudding, Jell-O.

- **BLEEDING:** Following surgery your body will begin to heal by forming a clot. To keep this clot in place, we request that you **refrain from spitting or sucking through a straw for 5 days.** These activities can dislodge the clot and cause bleeding or a dry socket. Some oozing is normal for the first twenty-four (24) hours after surgery. If bleeding is noted, apply enough pressure with a moistened tea bag to stop the bleeding for 30 minutes. Do NOT press too hard or this may damage your treatment. If bleeding cannot be controlled, call your doctor at the office or home (phone numbers at the end of this form).

- **SUTURES:** As your tissue heals, it is normal for sutures to become loose. This is particularly true when resorbable (dissolvable) sutures are used. If the sutures are bothersome, we would prefer to remove them for you. However, as a last resort, someone else could trim the suture(s) carefully with scissors. **DO NOT PULL ON THE SUTURES.** If you have had a bone or soft tissue graft, pulling on the sutures may dislodge the graft. Non-resorbable (non-dissolvable) sutures should be left in place for 3 – 5 weeks to stabilize the graft and/ or surgical area(s).



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■ **SMOKING CESSATION** is important for healing and the success of your treatment. Please do not smoke for 3 weeks after treatment. Obviously, permanent cessation is best. If necessary, please use a nicotine patch. Do **NOT** use nicotine gum for two months after treatment. If you would like, we are glad to prescribe Chantix to help you quit.

■ **COMFORT RINSES:** are sometimes used to soothe the treatment areas. Rinse gently. To remove rinses, gently open mouth over sink. Do not spit.

Salt Water Rinse may be used **24 hours** after treatment and until healed. Mix 1 cup of warm water with 1/4 teaspoon of salt and gently rinse. Rinse for 30 seconds 4 –6 times per day as needed to decrease swelling and increase comfort.

Magic Mouth Rinse is a medication to soothe gum discomfort and may be used **24 hours** after treatment until comfortable. Rinse gently for 1 minute 4 - 6 times per day.

■ **ORAL HYGIENE & RINSES:** Do not brush for **10 14 21 30 45 days**, floss for **10 14 21 30 45 days**, use a Water-Pik (oral irrigator) for **10 14 21 30 45 90 days**, or other oral hygiene aids in the area where surgery was performed unless instructed otherwise. Brush and floss your other teeth as normal. One of the below rinses will be prescribed to you. The below rinses will keep the treated area clean and healthy while healing. Rinse gently. To remove rinses, gently open mouth over sink. Do not spit.

Antibacterial Bleach Rinse: If prescribed, begin this **24 hours** after treatment. Add 4 teaspoons Regular, Unscented, Non-concentrated Bleach to one gallon of distilled water. Rinse gently for 30 seconds with 1 cup twice a day until your follow up appointment. **DO NOT SWALLOW.** Your clothes may become bleached, so wear old clothes. After rinsing you may rinse with water or a flavored mouth rinse of your choice (unless otherwise instructed.) Do not mix Bleach with Mouth Rinses.

Peridex Rinse (PerioGuard) (Chlorhexidine) If prescribed, begin this **24 hours** after treatment. Rinse gently for one minute twice a day until your follow up appointment. If allowed to brush, brush first and then rinse. Please do not brush, rinse, eat, or drink for 30 minutes after using Peridex.

■ **FINAL NOTES: Your Post Operative is scheduled on _____ @ _____ am/ pm**

(1) **Your treatment success and comfort will depend on your strict compliance to the above directions.**

(2) If you experience any EMERGENCIES (bleeding, temperature above 101 °F, difficulty swallowing, difficulty breathing, bad taste, bad smell or uncontrolled discomfort) please call the office or your doctor at home. If unable to reach one of our doctors and an emergency arises, call 911 or your local hospital.

(3) If you have any questions or concerns, please contact our office and talk with our team.

Dr. Craddock H(901) 681 – 9654 C(901) 483-1742

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THE SIX D's AFTER SEDATION (TO BE FOLLOWED FOR THE NEXT 24 HOURS)

Please read the General Pre & Post Appointment Instructions.

These are additional notes following surgery with sedation.

We want your treatment to be successful and your surgical experience to be as comfortable and pain free as possible. This requires your strict compliance with these instructions. Please read all instructions carefully. If you have any questions, please contact the office to talk with our treatment team. If downloaded from the website, this document must be reviewed with you by our team.

The medication given to you today for your dental procedure will remain in your body for approximately 24 hours. You may feel dizzy or lose your sense of balance; your fine muscle control may be changed, and your judgment will be affected. Your reaction time, such as in driving a car, will be slowed. You may not recognize any of these changes. For your safety we have some strict instructions:

1. Do not DRIVE
2. Do not use potentially DANGEROUS appliances or equipment (stove, lawnmower, disposal).
3. Be aware of DIZZINESS - move slowly, take your time. Sudden position changes can cause nausea.
4. Do not make any important DECISIONS - you may change your mind tomorrow.
5. Do not DRINK alcoholic beverages -the drugs may cause a dangerous reaction to alcohol.
6. DISCUSS any questions you may have with your doctor or team.

Don't eat if there is any question of whether you feel nauseated or sick at your stomach. It is probably best to stay on clear liquids and soft foods today.

Be sure and ask your doctor or team about taking or continuing any other medications which you are taking for unrelated conditions. In general, you should be completely recovered from these medications by tomorrow.



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