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Periodontal Associates
OF MEMPHIS
Periodontal, Laser and Dental Implant Therapy

Partners Emeritus
James R. Ross, D.D.S., M.S.*
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Pre & Post Appointment Instructions: (last update 1.3.25)

Periodontal Associates of Memphis wants your treatment to be **successful** and your surgical experience to be as **comfortable** and **pain free** as possible. This requires your **strict** compliance with the following instructions. Please read carefully. If you have any questions, please contact our office. If you've downloaded this information from our website, this document must be reviewed with you and a Periodontal Associates Team Member prior to treatment.

GENERAL INFORMATION:

1. Post-Operative instructions will be reviewed day of your exam and on the day of surgery.
2. Please bring all instructions in your blue folder and all treatment medications to your appointment in the bag provided. A team member will review everything with your ride after your surgery.
3. **Always** continue to take your normal medications, (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. If patient is 13 years old or younger, all sedation medications **must be taken in the office**, **two hours** prior to the treatment appointment.
6. If itching, skin rash, diarrhea, upset stomach, difficulty swallowing, difficulty breathing and/or other problems occur, discontinue use of medication immediately, call our office and/or your doctor.
7. **DO NOT** combine alcohol, tranquilizers or sleeping pills with medication(s). Doing so can cause severe reactions and may result in a medical crisis. Refrain from recreational drugs for a minimum of 72 hours prior to treatment.
8. **DO NOT** wear jewelry (earrings, watches, etc), tight sleeves or contact lenses.
9. Smoking, inadequate nutrition and patient trauma after treatment cause the majority of post-operative problems.
10. **DO NOT** pull on your lip or touch the treatment area(s) especially with the tongue, unless otherwise instructed. Also refrain from pursing your lips.
11. If sedated, **SOMEONE ELSE MUST DRIVE YOU TO AND FROM** your appointment.
12. For IV sedation cases, wear a ***loose fitting, short-sleeved shirt and hydrate well*** the night before, to make IV placement easier.
13. For IV sedation cases: If you are on a weight loss or diabetes drug: Victoza (liraglutide), Saxenda (liraglutide), Trulicity (dulaglutide), Bydureon (exenatide), Byetta (exenatide), Ozempic (semaglutide), Wegovy (semaglutide), Rybelsus (semaglutide), Mounjaro (trizepatide), Zepbound (trizepatide),or Adlyxin (lixisenatide), **the medication will need to be stopped 7 days before your procedure for weekly dose and one day before for daily dose.**
14. If you have had any changes in your health and/or medications, please contact our office immediately.
15. Illness: If you develop any illness or respiratory condition (cold, flu, etc.) before your surgery, please contact our office at least **72 hours in advance**.
16. Please bring *night guard, retainer, removable partial* or *denture* to your appointment, if applicable.

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SEDATION: **Do not drive** while taking sedatives and for 24 hours after discontinuing drugs. 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's advised to have someone stay and observe you for at least **four hours** (sometimes longer) after sedation.

- **Oral Sedation (Pills):** will 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, you can eat a light meal two hours before your appointment.

- **IV Sedation:** is given in addition to oral sedation to help increase relaxation. This will help with nervousness and/or other medical conditions. We use IV conscious sedation which combines Versed (a Valium-like drug) and Demerol (a narcotic drug). While you are not completely put to sleep, most patients do not remember the procedure and have a pleasant experience.

- **Morning IV Sedation Cases: DO NOT** eat or drink anything **after midnight**! You may use a small amount of water 4 ounces or less) to take your medications. For **morning** IV sedation cases only, do not take your **antibiotics** until after your surgery. Taking antibiotics on an empty stomach can cause an upset stomach.

- **Afternoon IV Sedation Cases**: **DO NOT** eat or drink anything **8 hours before** your procedure. For afternoon IV sedation cases only, take your antibiotics in the **morning** at least **8 hours before** your surgery, to avoid upsetting your stomach.

ANTIBIOTICS: are used to treat infection and/ or to prevent infection after treatment. You may be given one or more of the following antibiotics: Amoxicillin, Augmentin, Metronidazole (Flagyl), Clindamycin, Ciprofloxacin, Azithromycin (Zpac), and/or Doxycycline.

***Important Notes for Antibiotics:**

(1) Antibiotics have been shown to reduce or cancel the effects of oral contraceptives (birth control pills). Another form of birth control will need to be used during the use of and 1 month after your last dose of antibiotics.
(2) DO NOT CONSUME dairy products or calcium supplements for 1 hour before or after taking antibiotics. Take your antibiotics with plenty of water and a non-dairy soft food, i.e. scrambled eggs, tuna fish, soups (no cream), Jell-o etc.
(3) If you commonly experience yeast infections or GI upset (diarrhea/nausea) when taking antibiotics, please let us know. Following your surgery, eating an active culture yogurt 3 times per day and/or taking Acidophilus or a Pro-Biotic (available at drug stores) may help alleviate this problem. We can also prescribe a prescription anti-fungal medication (Diflucan) if necessary.
(4) 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: help you stay comfortable. It's 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 an upset stomach. **Three to four 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 3000mg 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 3200mg 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) or Zofran (Ondansetron) to help you feel better.**

SWELLING & BRUISING may occur in some cases and may increase over the next 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**). Ice is most effective, if used **immediately** following surgery and until bedtime. **48 hours after** 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 also 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. Instructions are included and can be doubled up as a heating pad. Keep your head elevated as much as possible, even while sleeping for at least 48 hours post- treatment.

- **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 for 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's in your best interest not to participate in "vigorous" physical activity for approximately **1 2 3 weeks** after surgery. If throbbing occurs in the treatment area while exercising, decrease your exercise regimen. ***Walking is okay, but NO RUNNING.**

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EATING & PROPER DIET: will provide energy and nourishment to aid healing and provide comfort immediately after surgery. Please eat plenty of protein! **Protein** is essential for new cell formation and assists in the healing process. Food also aids with drug uptake and prevents irritating the stomach. **Take all medications with a full glass of water** to avoid stomach pain and cramping**. 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 numb. Be sure to drink plenty of fluids such as Gatorade and/or Juice Drinks (Apple Juice, White Grape Juice etc). Continue to take vitamins while healing.

- **DO NOT CONSUME:** Crunchy, Hard, Brittle or Abrasive Foods **for 8 weeks.** NO Nuts, Hard Candy, Tortilla/Potato Chips, Popcorn, Ice, etc.
- **AVOID:** Spicy, acidic and Hot Temperature Foods for **1 2 3 weeks. NO** Orange Juice, Grapefruit Juice, Tomato Juice, Salsa, or Colas of any kind. Please check food temperature prior to consuming, especially if you're still numb.
- **Soft Food Diet:** Remain on a Soft Food Diet for **10 14 21 days**. Gradually add normal foods back to your diet after the above number of days. **Use silverware to cut food**, to allow easier swallowing without chewing. 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, cause bleeding and/or a dry socket. **Some oozing is normal for the first 24 hours after surgery**. If bleeding is noted, apply pressure with a moistened tea bag for **30 minutes**. DO NOT press too hard or this may damage your treatment. If bleeding cannot be controlled, call your doctor immediately either at our office or at home.

SUTURES: As your tissue heals, it is normal for sutures (stitches) to become loose. This is particularly true when resorbable (dissolvable) sutures are used. **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 – 6 weeks** to stabilize the graft and/ or surgical area(s). If the sutures are bothersome, we **MAY** trim/ or remove them for you.

BANDAGE: A dressing/oral bandage may be placed around your teeth. This is primarily for comfort. If it becomes loose or lost, do not be alarmed. If you are uncomfortable or concerned about the bandage, please call the office.

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SMOKING CESSATION: is important for healing and the overall success of your treatment. Please do not smoke for 3 weeks after treatment. Avoid smokeless tobacco or similar in the areas of surgery. 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 will gladly prescribe Chantix or other mediations to help you quit. Vaping is the same as smoking.

COMFORT RINSES: soothe the mouth. Rinse gently. To discard, 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 use **as needed** 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** use a manual toothbrush for **14 21 days**, **DO NOT** use electric toothbrush (Sonicare) for **60 days**, **You may begin** flossing above the gum line after **14 21** days, **DO NOT** use a Water-Pik (oral irrigator) below the gumline for 60 days, or other oral hygiene aids, in the area where surgery was performed unless instructed otherwise. **Brush and floss your other teeth as normal**.

- **Peridex Rinse (PerioGuard) (Chlorhexidine)** will be the first mouth rinse used. This rinse will keep the treated area clean and healthy while healing. Begin this process, **24 hours after** treatment**.** Rinse "gently" for **one minute**, **twice a day** until you use the entire bottle. To discard, gently open mouth over sink.**DO NOT SPIT**. Please **DO NOT** brush, rinse, eat, or drink for **30 minutes** after using Peridex. This may cause temporary staining that will be removed at a professional cleaning.
- **Antibacterial Bleach Rinse**: will typically be the second mouth rinse used after completing the Peridex Rinse. Instructions for mixing bleach will be provided to you and is also available to download on our website. www.PerioMem.com *You can also use this rinse in your Water-Pik (oral irrigator) **60 days** post treatment.

FINAL NOTES:

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, numbness more than 1 day, or uncontrolled discomfort, please call the office and/or your doctor immediately. If an emergency arises and you are unable to reach one of our doctors, call 911 or your local hospital.
3. If you have additional questions or concerns:

***During business hours, please contact our office 901-761-3770**

***For after hours questions or concerns:**

Dr. Godat: (901)229-2542 **Dr. King: (901)860-5051** **Dr . Byakina: (615)295-8559**

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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.

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

1. **DO NOT DRIVE!**

2. **DO NOT** use potentially DANGEROUS appliances and/or equipment (stove, lawnmower, garbage disposal, etc).

3. Be aware of **DIZZINESS**- take your time & move slowly. Note: 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: alcohol mixed with sedation drugs can cause a dangerous reaction. Additionally, no alcohol until you have completed your prescribed medications.

6. **DISCUSS** any questions you may have with your doctor or Periodontal Associate Team Member. If you feel nauseated/sick, **DO NOT** eat! Try to stay on clear liquids and soft foods for the first day and/or until nausea dissipates.

Be sure and ask your doctor or Periodontal Associates Team Member about continuing the use of any "other" medications you may be taking for unrelated conditions. In general, you should be completely recovered from our prescribed medications by 24 hours

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