Pre-Operative Instructions Prior to Periodontal Surgery.

If you are having the procedure with dental sedation and local anesthesia, please remember nothing to eat or drink **8 hours** prior to your appointment and if you need to take your sedation pill or any other medications in the morning then take them with **small sip** of water. Also, you must have a driver to drive you to and from the facility where you are having your procedure at.

If you will be having the procedure under local anesthesia ONLY and without sedation, then you DO NOT have any food restrictions.  You MAY eat and drink non-alcoholic beverages prior to surgery and drive to and from the office.  We encourage you to eat a light snack before your visit. You CAN drive yourself home after the procedure.

IMPORTANT THINGS TO FOLLOW

• Any aspirin, coumadin or blood thinning drug you might be taking, will be addressed on an individual basis by AlRubaie prior to treatment.

•  NO alcohol consumption 24 hours prior to surgery.

•  Take your normal prescription medication with little water, unless instructed otherwise.

•  Notify staff of medications that you have taken on the day of your procedure.

•  Wear a short-sleeve garment or if full sleeve it must be easy to pull up over the arms.

•  Wear comfortable walking shoes, No high heels.

•  If you are having intravenous sedation surgery, please remove nail polish at least on one finger as we will attach a sensor to your finger.

•  Remove contact lenses the day of your surgery and wear glasses if possible.

•  Prepare ice packs and have soft nutritious foods available at home.

Nutritious, easy to eat foods include milkshakes, cottage cheese, yogurt, pasta, rice, fish, applesauce, soup, eggs, etc.

 ANTIBIOTICS / MEDICATION

Please alert the office to any allergies or sensitivities that you might have to antibiotics or other medication. You will be prescribed an antibiotic if our 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. Pain medication, anti-inflammatory medication, steroids and mouthwash may be prescribed based on the procedure.  Please take them as directed.

 FOOD SUGGESTIONS

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

* Ensure/Slim Fast
* Soups – Warm not hot
* Pudding
* Rice
* Apple Sauce
* Oatmeal
* Macaroni & Cheese
* Mashed Potatoes
* Jell-O
* Bananas
* Yogurt
* Pasta
* Milk Shakes
* Casseroles
* Eggs
* Fish
* Cottage Cheese

**Dr AlRubaie**

**Board Certified Periodontist and Dental Implant Surgeon**