

Pre-Operative Instructions

The following instructions may be helpful when preparing for your treatment. Please do not hesitate to call if you have any last minute questions. We can be reached at (859) 252-7726.

If you take medication for diabetes, it is very important to eat a normal meal prior to your appointment, as taking diabetic medication without eating food will greatly increase the likelihood of low blood sugar and fainting. You should take all medications as usual unless specifically instructed otherwise by our office and your physician. We keep the office cool, so dress warmly. You may bring your iPod or MP3 player with you if you like.

Following any procedure, we prefer to see you back in 1 - 2 weeks for a 10 minute post-operative exam to ensure proper healing, and if necessary, remove any sutures that have not dissolved.

SEDATION

If you elect to receive sedation, you must have a ride to and from our office. Other than water and your medications, it is very important that you not eat or drink for 6 hours prior to your appointment. However, please stay hydrated with water. Please consult with Dr. Neuman if you have diabetes, as you may be advised to follow a different set of instructions for eating and drinking. You should NOT take any short-acting insulin or any oral diabetic medication if you are NOT going to eat or drink.

For a patient to enter a state of complete unconsciousness requires the provision of "General Anesthesia." General anesthesia is administered in a hospital setting as the patient's airway must be maintained with a breathing tube. **Our office does NOT provide general anesthesia.** Dr. Elliot Neuman is certified to provide "IV moderate sedation." **The goal of moderate sedation is to make you very relaxed and drowsy.** In our experience, the patients most likely to recall the procedure afterwards are those with the misunderstanding that they will be completely 'out of it' or 'put to sleep'. On the other hand, when patients have the proper expectations for moderate sedation, we find they are able to complete their procedure with minimal or no anxiety, at all.

ANTIBIOTICS

Please alert the office to any allergies or sensitivities that you might have to antibiotics. Most dental infections* do not benefit from the use of an antibiotic. Periodontal infections** tend to respond better to a locally-delivered antibiotic***. In certain situations, one of our doctors may prescribe a systemic antibiotic, in which case, you should take the antibiotic as directed until gone. It is advisable not to take these medications on an empty stomach, as nausea may result. For women practicing hormonal contraception, please be advised that, while taking antibiotics, birth control pills will lose their effectiveness.

*infections resulting from a decayed or traumatized tooth

**infections involving the gums and tooth-supporting bone

***an antibiotic that is applied directly to the site of infection by your dentist

OTHER PRESCRIPTIONS

For certain procedures, we may prescribe a steroid (methylprednisolone, Medrol Dosepak®) which helps to minimize swelling. You should begin taking the steroid the morning of your procedure. If you are taking a steroid, you do not need to take NSAIDS [ibuprofen (Advil®), naproxen (Aleve®); except do continue taking daily baby aspirin]. Acetaminophen (Tylenol®) can be taken in addition to the steroid or NSAIDS. Ondansetron pills are prescribed to help prevent nausea. Antibiotics, ondansetron, and steroid prescriptions can be called-in to your preferred pharmacy, however Kentucky state law requires a physical copy of the prescription for **narcotic pain medications and cannot be called-in**. Additionally, Kentucky Dental Regulations (201 KAR 8:540, Section 4(2)) requires a dentist to obtain and review a KASPER report when prescribing narcotic pain medication. This requires submission of the patient's social security number in order to obtain a KASPER report.

SMOKING

The position paper from the American Academy of Periodontology states that, "Although smokers benefit from periodontal therapy, clinical improvements are less than those for non-smoking patients. Studies comparing therapy response in former smokers, current smokers, and never smokers demonstrate that former smokers respond in a similar manner to never smokers to periodontal therapy."

It is especially important to point out that, following a gum grafting procedure, if you smoke during the first 2 weeks of healing, the graft will almost certainly not survive.

EATING

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

Ensure/Slim Fast
Soups
Pudding
Rice
Apple Sauce

Oatmeal
Mashed Potatoes
Bananas
Yogurt
Pasta

Milk Shakes
Casseroles
Eggs
Fish
Cottage Cheese

SUMMARY

I. A FEW DAYS BEFORE YOUR PROCEDURE:

1. Pick up any prescriptions called in to your pharmacy
2. Grocery: soft foods and 325mg acetaminophen (Regular Strength Tylenol®)
3. Arrange for a designated driver to and from appointment (if receiving sedation)

IF NOT RECEIVING SEDATION:

II. DAY OF THE PROCEDURE

1. Take **steroid** and/or **antibiotic** (4 capsules of Amoxicillin) 2 hours before your procedure
2. Eat a healthy meal

IF RECEIVING SEDATION (Morning Appointment):

II. THE DAY BEFORE THE PROCEDURE:

1. Eat a healthy dinner, then no food or drink (except water) after midnight
2. If prescribed, take sedation pill (triazolam) before bed
3. For 9:00 a.m. appointment, have alarm & designated driver wake you before 7:00 a.m. to take your medication

III. DAY OF THE PROCEDURE:

1. No food
2. Take **sedation pill** and/or **ondansetron** and/or **antibiotic** (4 capsules of Amoxicillin) and/or **steroid** 2 hours before your procedure
3. Dress in warm, comfortable clothes with sleeves that can be pushed up above your elbow
4. Designated driver to your appointment

IF RECEIVING SEDATION (Afternoon Appointment):

II. THE DAY BEFORE THE PROCEDURE:

1. Eat a healthy dinner
2. If prescribed, take sedation pill (triazolam) before bed

III. DAY OF THE PROCEDURE

1. If prescribed, take first 2 steroid (methylprednisolone) tablets, then eat a light breakfast
2. Take **sedation pill** and/or **ondansetron** and/or **antibiotic** (4 capsules of Amoxicillin) and/or **steroid** 2 hours before your procedure
3. Dress in warm, comfortable clothes with sleeves that can be pushed up above your elbow
4. Designated driver to your appointment

Type	STERIOD	ANTIBIOTIC	SEDATION PILL	ANTI-NAUSEA PILL	PAIN PILL	MOUTHWASH
Medication name on Rx label	Methylprednisolone Dosepak	Amoxicillin Doxycycline Metronidazole (Flagyl) Amoxicillin and Clavulanate (Augmentin) Azithromycin (Z-Pak) Clindamycin	Triazolam	Ondansetron	Hydrocodone Oxycodone Tramadol	Chlorhexidine
Also known as	Medrol Dosepak		Halcion	Zofran	Lortab, Percocet, Ultracet	Periguard, Peridex
How the medication is supplied	pack with 6 rows of tablets 	bottle of several tablets or capsules 	bottle with 2-3 tablets 	bottle of several tablets 	bottle of several tablets 	
Purpose	Reduces swelling, minimizes soreness	Prevents infection (bone graft/implants)	Reduces anxiety	Prevents nausea and vomiting	Reduces discomfort	Antiseptic mouthwash