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Periodontics And Dental Implants



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### PREOP SURGERY INSTRUCTIONS

- ❖ **FOOD:** Eat a good meal and drink plenty of fluids the night prior to surgery. Also drink plenty of fluids throughout the day to stay hydrated.
- ❖ **MEDICATIONS:** Take all medications as usual unless advised otherwise by Dr. Cook and/or her staff.
- ❖ **DAILY ASPIRIN:** Do you regularly take daily aspirin? If so please discontinue use 5 days prior to your surgery.
- ❖ **VITAMIN E:** Do you regularly take Vitamin E? If so please discontinue use 5 days prior to your surgery.
- ❖ **GREEN TEA:** Do you regularly drink green tea? If so please do not drink any 5 days prior to your surgery.
- ❖ **COSMETICS:** Avoid wearing cosmetics around the mouth and cheek area so that bacteria is not inadvertently transferred to the surgical site. This includes lipstick or lipgloss.
- ❖ **PREMEDICATION:** If you require antibiotic premed take it at least 1 hour prior to your appointment.
- ❖ **IV SEDATION:**
  - ☐ A.M. Surgery: Do not eat or drink anything after midnight the night prior to your surgery. Then have 1 large 10-12oz glass of water 1 hour prior to your surgery.
  - ☐ P.M. Surgery: Eat a light breakfast which may consist of a bowl of cereal, toast, juice or coffee PRIOR to 8:00am the morning of your surgery. Then have 1 large 10-12oz glass of water 1 hour prior to your surgery.
- ❖ **DRIVER:** IV Sedation patients are not allowed to drive for 24 hours after your surgery so you will need to have someone drive you home after your surgery. If this person is not present at the time of your arrival for your surgery please have a contact name and number readily available to the receptionist that checks you in.
- ❖ **ERECTILE DYSFUNCTION DRUGS:** If you take any erectile dysfunction drugs such as Cialis, Viagra or Levitra you must not take it 36 hours prior to surgery.

\*\*\* Please bring your prescriptions in the provided bag the day of surgery \*\*\*

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Please call Dr. Cook's office (910-256-8486) if you have any questions or concerns.