

**PRE-SURGICAL INSTRUCTIONS**  
PERIODONTAL SPECIALISTS, P.A.

1. You have received your prescriptions today. Please fill at your pharmacy and take as directed.
2. Due to the medication used during surgery, it is necessary that you have someone to drive you home after your surgical appointment. DO NOT drive for 24 hours following your surgery. We would advise you to avoid working the day following your surgery. Your driver need not remain during the appointment. A designated time for his return will be given. You may find it helpful to have someone with you the first few hours following surgery..
3. Morning surgeries: Eat a light breakfast prior to taking any medications the morning of surgery.  
Afternoon surgeries: Eat a usual breakfast and a very light lunch prior to any medications taken at noon.  
Please - No caffeine beverages the day of surgery.
4. DIABETICS - should follow their usual diet.
5. For your comfort, feel free to dress casually and bring a pillow to rest on in the car if you travel from a distance. We have headphones and you are welcome to bring any CD's to listen to.
6. If you are currently taking any anticoagulants it will be necessary for our office to contact your physician for recommendations.
7. Continue taking all other regular prescribed medications unless directed otherwise.
8. Please prepare ice for your arrival at home. If you are having a graft, your doctor will advise you on the use of ice.
9. If you are taking any type of oral contraceptives please be advised that oral antibiotics may interfere with the effectiveness of any oral contraceptives. An antibiotic has been prescribed for you and it is recommended that abstinence or additional forms of birth control be used until your next cycle.
10. If you are having certain types of bone or tissue grafting in our office, you may not be able to donate blood for one year. If you have questions, please ask the assistant or Doctor.
11. Please discontinue the following items that may increase bleeding:  
Aspirin, UNLESS ORDERED BY PHYSICIAN, discontinue 7 days prior to surgery and resume 2 days after.  
  
Herbals such as Garlic, Ginseng, Ginger, or Ginkgo Biloba discontinue 2 weeks prior to surgery and resume 2 days after.  
  
Vitamin K and/or Vitamin E (greater than 400 mg) discontinue 2 weeks prior to surgery and resume 2 days after.