



Trammell Periodontics

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Pre Surgical Information And Instructions

PRESURGICAL INSTRUCTIONS

The basic purpose for the surgical procedure is to eliminate areas that hide or shelter germs (plaque, bacteria) which are the major cause of periodontal disease. The elimination of these sheltering areas makes the germs accessible for your daily removal of them which is essential to control and prevent recurrence of the present problem. Surgical procedures are time consuming and must be executed with precision. However, surgery is only the means of providing access to daily removal of the disease causing germs. A secondary purpose of the surgery is to repair, as nearly as possible, any damage the germs have already done to the supporting structures of your teeth.

- Good nutrition greatly aids healing. Therefore, it is desirable to begin taking, if you are not already doing so, a good vitamin mineral preparation a few days prior to surgery and to continue for a few weeks post-operatively. You may want to acquire soft food items and supplements such as instant breakfast for use immediately after surgery. Additional instructions about nutrition will be given at the time of surgery.
- Generally, surgery is done in as much of the mouth as possible. A dressing is placed over the surgical areas. You will need to return in about 1 week so that the dressing can be removed.
- Get a good night's sleep the night before. If you have sleeping pills or sedatives you normally use, or if they have been prescribed for you, take as instructed. Be sure to inform me when you arrive of any medication, including sleeping pills, you have recently taken.
- Take any other preoperative medication we may have prescribed as directed.
- Do not eat breakfast prior to a morning surgery. Abstain from alcoholic beverages on the day of the surgery. If you are scheduled for an afternoon surgery, eat a light breakfast such as coffee or tea and toast. **DO NOT EAT ANY SOLIDS FOR AT LEAST 4 HOURS BEFORE YOUR APPOINTMENT.**
- Please wear loose fitting garments, preferably sleeveless or with short sleeves.

- Before coming for surgery, please scrub your face and neck with soap and water. The purpose of the scrub is to avoid transferring germs normally living outside of the mouth to the surgical areas. Toward this end, we will disinfect the areas around the mouth and cover your upper face and hair. Therefore, ladies, please wear little or no make-up and don't get your hair "done" the day before. Contact lenses and eye glasses can be removed prior to surgery.
- Please arrange for a responsible adult to drive you home. This person does not have to wait. We can call them when you are ready to leave.
- Additionally, please arrange to pamper yourself for at least the first 24 hours post surgically. Rest in bed, use ice bags and take medications as instructed. Please do not plan to drive or operate heavy machinery, ingest alcohol or other depressants or make any important decisions during this period.
- We reserve a long appointment for you. If you cannot come, please notify us as soon as possible so that another patient may have an opportunity for treatment.
- The purpose for intravenous sedation during periodontal surgery is to make the experience as stress-free as possible. The intravenous medication administered by the anesthetist along with the local anesthesia used by Dr. Phelan should allow the procedure to be done with minimal discomfort. So that the anesthetist may plan your anesthesia management, please tell her of any complications, medication you take regularly, allergies or adverse reactions to drugs.
- If you were given a prescription for an antibacterial mouthwash, please start using it twice daily one week before surgery. You will continue to use it for five weeks after the surgery also.

If you have any questions or points you wish to discuss, please do not hesitate to call us. Phone: 334.277.2100.