



PRESURGICAL INFORMATION

Our staff is dedicated to providing the best quality of care in a comfortable environment. We have strive to prepare every detail of care necessary for your appointment and ask you review the instructions below prior to your scheduled appointment.

Thank you,

Drs. Pomeranz, Arguello, Marcuschamer, Hong, Neugeboren and staff

BEFORE YOUR APPOINTMENT:

If you feel apprehensive about your surgical appointment, we offer presurgical sedatives and IV sedation to help you to **relax**. For further information, please speak with one of our staff members at least 1 week before your appointment. If you will be taking a presurgical sedative or are scheduled with IV sedation, please arrange for someone you know to drive you to your appointment and home following your appointment.

If you have received prescriptions from our office, please pick them up prior to your appointment. You may bring them to your appointment if you would like assistance with your prescription instructions or call our office ahead of time with and questions.

Regular medications prescribed by your physician **should be taken** as usual unless you have been instructed otherwise.

Since aspirin/ibuprofen (Motrin, Advil) tends to prolong bleeding, **do not** take aspirin/ibuprofen containing medications for 7 days prior to your appointment unless required by your medical doctor.

Do not consume any alcoholic beverages for 24 hours before your appointment and **do not** consume any caffeine containing products the day of your appointment.

Wear loose, comfortable clothing, avoid collared or white shirts. Women, please **do not** wear foundation facial make-up or lipstick. Men, if you have a mustache, please trim it so that it does not extend below your upper lip.

It is best to eat a normal, healthy breakfast at least one hour before your surgery appointment, unless you are scheduled with IV sedation.

DURING YOUR APPOINTMENT

If you have taken a sedative medication, it will help you to relax, but you will remain awake.

A local anesthetic (like that used for dental fillings) will be used. The area being treated will be numb so that you will be comfortable during the procedure.

Sutures (stitches) will be placed in the treated areas and a follow up appointment will be scheduled to have them removed.

AFTER YOUR APPOINTMENT

Prescribed medications are to be taken as instructed, following the procedure.

Plan to rest the remainder of the day of surgery and the following day. You **CANNOT DRIVE** while taking the prescription discomfort medications. Avoid vigorous activity and aerobic exercise for one week.

Proper nutrition and adequate intake of fluids are essential for normal healing. For the first week after surgery, your diet will consist of soft, bland, cool or warm foods [i.e.- cottage cheese, canned fruit, yogurt, eggs, milkshakes, pasta (no red sauce), mashed potatoes, etc.].

Do not drink through a straw or drink carbonated, acidic drinks for the first 48 hours after surgery.

SMOKING-- The less you smoke, the faster you will heal. Long-term smokers usually experience a longer healing period. Bone and gum regeneration, as well as dental implant procedures, usually do not heal as well for smokers.

Sutures will be removed at a brief appointment approximately 7-14 days following treatment. Care of treated areas will be reviewed at that time. Additional brief appointments may be necessary to check healing and review home-care techniques.