



PRE NON-INTRA VENOUS SURGERY INSTRUCTIONS

- **DIETARY RESTRICTIONS** – Hydrate well the day prior to surgery. Eat a light, protein-rich, meal **the night before** your surgery. Please restrict your diet to **clear, non-caffeinated liquids three (3) hours prior** to your appointment. If you are diabetic, hypoglycemic, or if missing a meal causes weakness or dizziness, let us know your particular needs.
- **DESIGNATED DRIVER** – **Since you will be sedated**, please arrange for someone to pick you up and drive you directly home following surgery. Arrange to have someone available to check on, or stay with you, at home after surgery.
- **MEDICATIONS** - Take any daily **prescription medications** as prescribed unless otherwise instructed.

If you take **antibiotic medication** prior to dental treatment, take your usual pre-medication and be sure that we are informed.

Refer to the **Post-Operative Medication** document for medication instructions following surgery or treatment.

- **COMFORT – Your comfort is important to us.** – Dress comfortably (casually). Please wear clothing that will allow access to the upper arm for the sedative injection and for blood pressure monitoring.

You may bring your own music or iPod on the day of surgery, or you may listen to ours, during surgery.

- **ANXIETY MANAGEMENT** – Dr. Baldock and his team recognize that managing anxiety is important for successful oral health treatment. In an effort to reduce emotional distress, Dr. Baldock may recommend prescription anxiety treatment in addition to offering various relaxation techniques and comfort amenities during your surgical appointment.
- **WHAT TO EXPECT** - Following any type of surgery, some **discomfort** is to be expected. The actual amount of discomfort will vary due to the extent of surgery, individual healing responses, and individual pain tolerance. You should plan to rest for the remainder of the day after surgery and the following day or two. Plan to have a light schedule for up to 4 – 5 days following surgery.

Following bone graft surgery, you may notice “sand-like” particles near the surgical site. Following laser surgery, the tissues may become more tender 2 – 3 days following the procedure.

Sensitivity to hot, cold and sweets may occur following surgery. The sensitivity, when it occurs, takes some time to resolve and is usually treated through good plaque control, use of a desensitizing toothpaste and fluoride applications.

The level and/or appearance of the gums often changes following periodontal surgery. If you have any questions or concerns about these changes, please contact our office at **(850) 942-8111**.