

Annapolis Periodontics

Pre-Surgical Instructions *WITHOUT* Oral Sedation

- 1. PLEASE GET YOUR PRESCRIPTIONS FILLED AHEAD OF TIME. You may need to start taking your medication(s) the day PRIOR to your appointment. If you have not received your prescriptions, please call the office!**
2. Eat a high protein meal before your surgical appointment.
3. Avoid drinking a lot of coffee and other fluids before the appointment as it is difficult to stop in the middle of the surgery.
4. Follow up appointment(s) will be made the day of the surgery.
5. Adequate amount of rest is needed for optimal healing, so plan for at least 48 hours of downtime after the surgery. Sleep with head propped up with pillows or in a recliner for at least 2 days
6. After the surgery, good nutrition is important for good healing. You may be required to eat soft foods for the first 2 weeks. If so, please make them high protein foods such as scrambled eggs, ground beef, fish, cottage cheese, and other soft foods you can easily cut with a fork. Please plan to have foods like these available. Drink plenty of fluids.
7. After the surgery, we would like you to keep the surgical area colder than normal in order to minimize bleeding and swelling problems. You may use a regular ice bag or holding ice chips in your mouth. Please make provisions for this.
8. Bruising and swelling is to be expected.
9. Research has shown that some antibiotics have a potential to interact with birth control pills causing the pills to be less effective when taking the antibiotic and possible for 7-10 days after completing the prescription

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Medication, Herbal, and Dietary Supplements may increase tendency or contribute to bruising and bleeding. Please see chart below:

Please check the labels of all medicines that you take, even those available without a prescription, to make sure you are not taking any of these substances. ***Please consult your physician before stopping any prescribed medication.***

If you need minor pain medication prior to your surgery, please take Tylenol (acetaminophen). If you are allergic to Tylenol or unable to take it for some other reason, please notify us so that we might arrange for a suitable substitute

Aleve	Feldene		
Alka Seltzer	Flurbiprophen Sodium		
Advil	Fiorinal		
Anacin	Four Way Cold Tabs		
Anaprox	Goody's Headache Powder & Tablets		
	Ibuprofen		
Anaproxn	Indocin		
Ansaid	Indomethacin		
APC	Magsal Tablets		
ASA	Meclomen		
Aspirin	Medipre		
Ascriptin	Midol-200		
Aspergum	Midol Caplets and PMS formula		
Aspercream	Mobigesic Tablets		
Aspirin	Norgesic & Norgesic Forte Tablets		
BC Powder	Pepto-Bismol Tablets and liquid		
B C Cold Powder			
Bufferin	Percodan		
Buffex	Percodan-Demi		
Brufen	Persantine		
Cama Arthritis Pain Reliever	Quagestic		
Cephalgesic	Robaxisal		
Children's aspirin	Rufen		
Clinoril	Sine Aid		
Congesprin	Sine Off		
Cope	Soma Compound w/Codeine and without		
Coricidin	Synalgos-DC Capsules		
Coumadin	Talwin Compund Tablets		
Darvon	Trandate		
Darvon with ASA	Trental		
Disalcis Tablets and Caps	Trilisate		
Doan's Pills regular and	Vanquish		
Extra strength	Vioxx		
Dolobid	Voltaren		
Dristan	Wesprin		
Duradyne Tablets	Zactrin		
Easpirin	Zorprin		
Ecotrin	Herbal & Dietary Supplements		
Emprin	Bilberry	Garlic Supplements	MaHuang (ephedra)
Emprazil	Cayenne	Ginger	Melatonin
Excedrin	Echinacea	Ginseng	Salicin (Willow Bark)
Equagesic Tablets	Feverfew/Ginko Biloba	St.John's Wort	
	Fish Emulsions	Kava Kava & Valerian	Vitamin E
		Licorice Root	Yohimbe