

PRE-OPERATIVE INSTRUCTIONS

You are ready to undergo implant or periodontal treatments. Being prepared consists of following all instructions:

1. **Oral Hygiene:** If you still have natural teeth in your mouth, it is important that you give a lot of attention to remove the dental plaque around the teeth at the gum line.
2. **Usage of the Periogard:** This is an anti-bacterial and anti-virus mouth rinse requiring a prescription. This product can cause removable tooth staining with long term use. We intend to use it for short term only. **For all procedures:** rinse for 30 seconds the night and the morning before appointment.
3. **Usage of the Antibiotics:**

Implant surgery: start the night before the surgery. Follow the instructions on the label for the amount.

Bone grafting: start the night before the surgery. Follow the instructions on the label for the amount.

Premedication for artificial joints: take four (4) pills one (1) hour before appointment

4. **Prevention of swelling and bruising:** certain fruits (such as **fresh pineapple**) contain enzymes with corresponding co-enzymes capable of preventing swelling and bruising. Before the surgery, purchase 3 fresh pineapples and eat ½ pineapple a day for six days starting 1 day prior especially when your are scheduled for bone grafting of sinus elevation and grafting. With the help of pineapple, your swelling will almost be eliminated by the 3rd day (while without it, the swelling would peak at 3 days and be resolved by 7 to 10 days).
5. **Usage of Oral Sedative:** Take one pill of Halcion (Triazolam) one hour before the appointment and bring the other(s) at your appointment.

If you feel one of the following: rash, shortness of breath, itching, spasm in the pharynx or the throat, swelling of the tongue, asthma or any unusual reaction, STOP the medication(s). If you were taking Penicillin or Amoxicillin, **CALL 911** because your symptoms could be the beginning of a life-threatening situation called anaphylactic shock, where you will need life support. If you are taking medications other than Penicillin or Amoxicillin, stop the medication and inform your Dr. through the pager or at home.

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