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Periodontal Specialist and Dental Implants

PRE-MICROSURGICAL INSTRUCTIONS

BEFORE SURGERY: Please fill the prescriptions (generic is fine) for your microsurgery promptly. BRING ALL OF THE FILLED MEDICATIONS PRESCRIBED BY OUR OFFICE WITH YOU THE DAY OF YOUR APPOINTMENT. DO NOT START TAKING THEM AHEAD OF TIME, UNLESS WE HAVE INSTRUCTED YOU TO DO SO. We will start you on the medications here in the office. Continue to take all of your regular medications (prescribed by your physician) as you usually do, unless otherwise instructed.

SPECIAL INSTRUCTIONS

ABOUT THE ANTIBIOTICS: To aid with faster healing, TAKE ALL PRESCRIBED ANTIBIOTICS AS WE HAVE DIRECTED. Since we prescribe antibiotics as preventive medicine, we are not as concerned with absorption rate as much as the comfort of your stomach. Therefore, we recommend taking them with food. If an upset stomach or yeast infection becomes a concern, we recommend that you eat an active culture of yogurt product. Please notify the office if there is an elevation in your temperature of 2 degrees or more above normal (98.6).

ABOUT THE ANTI-INFLAMMATORY MEDICATION: (Lodine/Etodolac) This has been prescribed to reduce swelling and increase pain tolerance. Take as directed. We recommend taking the medication with food to avoid upset stomach.

ADDITIONAL PAIN MEDICATION: You may be somewhat uncomfortable, but should not experience severe pain during healing. In case you do experience breakthrough pain, we can supply you with a prescription for a stronger pain medication. If you are concerned that you may not have enough pain medication for the weekend or a holiday, please call the office before 5:00 pm on Friday. DO NOT DRIVE WHILE TAKING THIS MEDICATION.

SPECIAL INSTRUCTIONS:

IF YOU ARE BEING GIVEN A SEDATIVE FOR YOUR MICROSURGERY, you will need to arrange for someone to drive you to and from your appointment, as it is very important that you do not drive for 12 hours after taking this sedative. Your driver should be aware that you may need assistance into the house. We suggest you review these instructions with your driver ahead of time.

NO ALCOHOLIC BEVERAGES OR GRAPEFRUIT JUICE should be consumed 24 hours before your appointment and 24 hours after your appointment, as they can interact with your medication. We suggest that you eat a light meal before your appointment, to prevent stomach upset due to the medications.

IF YOU WEAR REMOVABLE PARTIALS, DENTURES, ORTHODONTIC RETAINERS, NIGHT GUARDS, etc. please bring these appliances with you to your appointment. Be prepared to possibly be without your appliances for 7-14 days. You will be given further instructions the day of your surgery.

A SUBSTANTIAL SEGMENT OF TIME HAS BEEN SET ASIDE FOR YOUR APPOINTMENT. A 48-HOUR NOTICE OF CANCELLATION IS REQUESTED SO THAT WE MAY OFFER THIS OPEN TIME TO ANOTHER PATIENT.

THE DAY OF YOUR MICROSURGERY

You will not be able to stop at the front desk following your microsurgery – therefore, PLEASE TAKE CARE OF ALL FINANCIAL ARRANGEMENTS AND MAKE YOUR POST-OPERATIVE APPOINTMENTS WHEN YOU ARRIVE AT THE OFFICE THE DAY OF YOUR SURGERY. IF YOU ARE TAKING YOUR SEDATIVE AT HOME, PLEASE WAIT COMFORTABLY IN YOUR VEHICLE WHEN YOU ARRIVE AT THE OFFICE. YOUR DRIVER SHOULD COME TO THE FRONT DESK TO LET US KNOW THAT YOU HAVE ARRIVED, AND TO MAKE ANY PREARRANGED PAYMENT FOR YOU, AND/OR SCHEDULE YOUR FIRST POST-OPERATIVE APPOINTMENT FOR YOU. OUR STAFF WILL COME OUT TO GET YOU AND ASSIST YOU INTO THE OFFICE.

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POST-OPERATIVE INSTRUCTIONS

ABOUT THE SEDATION: When you go home from your procedure, you may be light-headed, sleepy, forgetful or have impaired judgment for up to 12 hours after your surgery. PLEASE REST and take proper precautions - allow yourself time to recover from the sedation before you resume your usual activities. Normal physical activities may be resumed 48 hours after surgery. If your activity becomes too vigorous, you may cause unnecessary throbbing in your mouth.

TO REDUCE SWELLING: (FOR THE FIRST 12 HOURS ONLY) Apply an ice pack (a zip-lock bag filled with ice and wrapped in a towel) to the outside of your face in the area(s) treated – 15 minutes on – 15 minutes off. If more than one area is treated, alternate 15 minutes on one area, then 15 minutes on another area. You only need to do this when you are awake, and only up through the evening of your surgery. IF YOU STILL HAVE SWELLING THE NEXT MORNING, apply a warm moist compress (a moist face towel warmed in a microwave) to swollen areas – 15 minutes on – 15 minutes off – FOR NO MORE THAN 12 HOURS. This increases the blood circulation, which will in turn take away the fluids in the tissues that cause swelling.

A REDDISH SALIVA MAY APPEAR SHORTLY AFTER YOU RETURN HOME - a small amount of this is normal. You may want to protect your pillows for the first several hours, while you are sleeping. DO NOT SPIT, for this may dislodge blood clots and cause bleeding to start. If bright red bleeding persists, moisten a tea bag and hold it over the area, with pressure, for 15 minutes – this should stop the bleeding. If the bleeding still persists, please call our office.

AVOID ANY CHEWING AND HOT FOODS *WHILE YOU ARE STILL NUMB.* You could easily injure or burn the inside of your mouth. We suggest cold liquids or soft foods that do not require chewing during this time period. *After the numbness wears off,* we suggest that you stay on a soft or semi-soft food diet. It is very important to maintain a healthy diet while in the healing stages for the best healing results.

THE AREAS WHICH WERE TREATED MAY BE COVERED WITH A PUTTY-LIKE PROTECTIVE MATERIAL. Try to keep these areas as immobile as possible. The putty was placed there for your comfort and will be removed at your next appointment. If it falls out before your next appointment, just throw it away and begin to gently brush the area.

If either of the following happens, please call the office:

- After 2 to 3 days, you start experiencing earaches, ear ringing, headaches and/or jaw joint pain, popping or cracking.
- A cold-sore outbreak is not unusual; prescriptions are available to stop this painful, burning outbreak.

FOR TISSUE GRAFT PATIENTS:

DO NOT PULL OUT YOUR LIPS to look at the graft(s). Cut your foods into bite-sized pieces. When coughing or yawning, cup your hand over the areas treated. The grafted areas are covered with a putty-like dressing (as mentioned above). Our goal is for this dressing to stay in place for 48 hours. DO NOT SWISH OR RINSE FOR 24 HOURS. After 24 hours, begin lightly rinsing as directed on your "Discharge Summary Sheet". Avoid brushing any of the areas covered with the protective putty. You may brush your tongue and continue your normal oral hygiene in any other areas not covered with the putty. This will keep the plaque levels to a minimum and allow maximum healing.

SUMMARY: These instructions are designed to cover most normal occurrences following a micro-surgical procedure. If you feel something is not right with your post-operative healing, PLEASE call the office.

OFFICE HOURS: Monday – Thursday 8:00 am – 5:00 pm and Friday 8:00 am - 3:00 pm

OFFICE PHONE NUMBER: (941) 792-3899

DR. EASTMAN'S HOME PHONE: (941) 749-1741