



PASQUINELLI & OLIVARES
SF PERIO
& IMPLANTS

Healthy gums, beautiful smiles

PRE-OPERATIVE INSTRUCTIONS

How to prepare for your surgery:

1 Week Before:

- Arrange for someone to pick you up from our office after your surgery.
- Stop taking aspirin, ibuprofen or other anti-inflammatory medications.
- This includes fish oil & garlic supplements.
- Fill your prescriptions and read the directions on each bottle.

Day Before:

- Start taking medications per the instructions on each bottle.
- Remove nail polish and artificial nails from your fingernails (at least the index fingers).
- Stop smoking and drinking alcohol.
- Eat normally and get a good nights rest.

Day of Surgery:

- Stop eating and drinking any liquids 6 hours before your appointment.
- 1 small drink of water to take medications is fine.
- Wear comfortable clothes with SHORT SLEEVES.
- DO NOT wear scented products like perfumes.
- Women should wear NO makeup.

Information For Your Ride:

- Plan to arrive at the end of the surgery.
- Park in the 450 Sutter garage so we can validate your parking for you.
- They should be prepared to wait until you are released.
- We have a great selection of magazines.
- We have WiFi available.

Continues on next page...

HERBAL SUPPLEMENT RISKS FOR PREOPERATIVE PATIENTS

The following is a summary taken from the Journal of American Medical Association on eight herbs that can potentially pose harm during and after surgery. We recommend that the following herbs should be stopped before surgery in order to avoid any potential complications from their use:

- ✘ **Echinacea** should be used with caution in patients with asthma or allergic problems and should be discontinued as far as possible in advance of surgery.
- ✘ **Ephedra**. This herb causes a potential increase in blood pressure and heart rate. This herb has also been associated with sudden death under anesthesia. This should be discontinued at least 7 days before surgery.
- ✘ **Garlic supplements** have a potential for reducing clotting function and platelet function and should be stopped 7 days prior to surgery.
- ✘ **Ginkgo** should be discontinued 7 days prior to surgery because it can inhibit platelet clotting factors.
- ✘ **Ginseng** has also been shown to have effects on clotting pathways and should be discontinued approximately 7 days preoperatively.
- ✘ **Kava** should be discontinued 7 days preoperatively because it can increase the sedative effects of anesthetics.
- ✘ **St. Johns Wort** can significantly increase the breakdown of other routinely administered drugs during surgery, some of which are vital to the care of patients after surgery. This should be discontinued at least 5 days before surgery.
- ✘ **Valerian** can increase the sedative effects of anesthetics. This should not be discontinued abruptly because there is risk of physical dependency to Valerian and withdrawal symptoms may develop. This should be tapered over several weeks before surgery.



Please don't hesitate to call
our office if you have any
questions or concerns.