



PASQUINELLI, OLIVARES & HASHIMOTO

SF PERIO & IMPLANTS

Healthy gums, beautiful smiles

PRE & POST-OPERATIVE INSTRUCTIONS

General information:

Before Your Surgery

ONE WEEK BEFORE:

- Fill your prescriptions and read the directions on each bottle.
- IV SEDATION or ORAL SEDATION: Arrange for someone to escort you to our office the day of surgery. **They should be prepared to wait until you are released.**

DAY BEFORE:

- Start taking antibiotics (if applicable). Start with first dose in the AM.
- 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 night's rest.

DAY OF SURGERY:

- If having IV SEDATION: **Stop eating and drinking any full liquids 6 hours** before your appointment.
- If given ORAL SEDATION: **Stop eating and drinking any full liquids 3 hours** before your appointment.
Take the sedative medication 90 minutes prior to your appointment with a few sips of water.
- Take your regularly prescribed morning medications two hours before surgery with a glass of water (8oz).
- Wear comfortable clothes (PJ's, sweatpants, etc.) with **SHORT SLEEVES. DO NOT** wear scented products or makeup.

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After Your Surgery

GENERAL (first 24 hours):

- IV or ORAL SEDATION: Do NOT drive for 24 hours after your surgery
- Take pain medication as soon as you get home (see below).
- **Apply ice 30 minutes on, followed by 10 minutes off, and repeat for 24 hours.**
- **Soft food diet is recommended for 2 weeks.**
- Do not rinse your mouth for the first 24 hours. Do not brush the surgical site for 5 days after surgery.
- You will start brushing surgical site 5 days after surgery using a post-operative toothbrush (given to you on day of your surgery). You will dip the toothbrush in the StellaLife VEGA Oral rinse, and gently brush using "sweeping" motions.
- If given a stent or essix retainer, do not remove for 48 hours. At 48 hours, remove appliance, rinse your mouth with the StellaLife VEGA Oral rinse, brush the appliance, and place back in mouth immediately.
- **NO** straws, spitting, rinsing, alcohol, smoking, or hot food/liquids for the first 24 hours.
- **NO** exercise for the first week (Do not elevate your heart rate).
- **DO** get plenty of rest after surgery. Sleep with your head elevated with extra pillows for the first night.
- **DO** minimize talking for the first 24 hours; it will help aid in the healing process.
- **The better care you take of yourself, the better your result!**

Medications (if applicable):

- StellaLife VEGA Oral Care Recovery Kit (dispensed in office): Start 24 hours after surgery.
- Antibiotics: Take as directed on the bottle until finished.
- Acetaminophen (Extra Strength Tylenol) 500mg: Take 1 tablet every 4-6 hours for the first 3 days, then as needed for pain.

For Additional Pain Relief if Needed:

- Ibuprofen (Advil) 200mg: 2 tablets (400 mg) every 4-6 hours, in addition to the Tylenol.
- Percocet (Oxycodone/Acetaminophen) 5/325mg: If still in pain add a half tablet of Percocet to the Tylenol & Ibuprofen every 4-6 hours as needed.
- SinEcch Homeopathic Arnica Montana: Take one capsule at bedtime the day of your surgery, then 3 times a day for 3 days. (Given to you on day of surgery)

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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 day 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.



**If you cannot reach us at the office
and have AN AFTER-HOURS EMERGENCY,
call your doctor directly at:**

Dr. Pasquinelli (415) 847-2207 | Dr. Olivares (925) 286-7219

**If you cannot reach your doctor and you have a medical
emergency, please go directly to your nearest
hospital emergency room.**



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