

**Guidelines for patients scheduled for periodontal or dental implant surgery with IV sedation.**

The following guidelines are intended to facilitate the surgical process. Please follow these guidelines closely and call our office if you need additional help.

**Medications:**

1. Advise our office of any changes in medical and medication history.
2. **DO NOT** start any prescribed medication until after your procedure.
3. If you take a daily aspirin, or any anti-coagulative medications, these must be stopped 5 days prior to the appointment.

**Prior to arrival:**

4. **Driver and Companionship:** You **CANNOT** drive a motor vehicle either to or from the office. It is necessary to have someone with you for the rest of the day and night following the IV sedation.
5. **Clothing:** Wear a short-sleeve shirt to enable us to monitor your blood pressure as needed.
6. **Food/Drink:** Nothing to eat or drink starting at midnight before your IV sedation procedure. This includes water.
7. **Make-up:** Do not apply any makeup, including facial or eye makeup, as this will contaminate the surgical site and result in potential infections.
8. **Hair:** If you wear your hair long, please tie it into a ponytail in order to avoid contamination of the sterile working area.
9. **Shaving:** Men shave to skin - NO stubble. Stubble may contaminate the surgical field and result in potential infections.
10. **Smoking:** If you are a smoker, try to cut back on the amount of smoking (if possible). This would include taking a lesser number of puffs on each cigarette.
11. **Music:** We will be providing you with a wide range of musical choices and a headset during your procedure.
12. **Cell phones:** Please turn off your cell phones when you enter our office. **PLEASE!!!**

**Following your procedure:**

13. **Bruising/swelling:** Anticipate bruising and swelling. This is normal and routine following oral surgery. It will be controlled both by your medications, as well as ice packs on the outside of your face following treatment, and sucking on ice cubes, all at the same time.
14. Consume one or two natural, non-flavored yogurts with a live culture every day while completing antibiotic therapy. Examples include: Chobani or Activia.

**Miscellaneous:**

15. **Rescheduling:** This time has been specifically reserved for you. We need a minimum of 48 working hours notification, if you cannot make the appointment. A fee, for the full amount of the procedure, is charged for broken appointments, or appointments cancelled without adequate notification.

## Post treatment guidelines

Dr. Richman: (C) 404/784-7272 (Poor cell phone reception at home), (H) 404/252-4052.  
Personal Email: richmanacs@gmail.com; CALL BUT DO NOT TEXT

### MEDICATIONS:

- Take and finish **ALL** medications – No Exceptions. Printed guidelines on each medication container override all verbal instructions from our office.
- Start all prescribed medications as soon as you get home, with a full glass of room temperature water or any other clear liquid. What you took earlier today does not count.
- Always have some food just prior to taking the medications.
- All medications, including the pain medications must be taken until gone.
- Analgesics (pain tablets): If prescribed Motrin (Ibuprofen) and/or Extra Strength Tylenol (500mg), take 1 tablet of each medication when you get home. Starting 3 hours later, alternate 1 Ibuprofen and 1 Tylenol every 3rd hour. This keeps a more balanced blood level of medications circulating through your system. Tylenol doubles the efficacy of the Motrin/Ibuprofen. If this combination is not keeping you comfortable, call Dr. Richman at 404/784-7272.
- Discomfort may be expected during the first few days but the medication should keep you comfortable.
- Pain medication requiring a prescription, e.g. Tylenol III or Lorcet makes you drowsy. Do not drive a motor car or operate any machinery if you take prescription-type pain medication. This does not apply to Motrin/Ibuprofen.
- For females, certain medications, particularly antibiotics, (example Penicillin, Tetracycline, Doxycycline and others) are known to inhibit the effects of birth control medications. If you are on any form of birth control medication, please take appropriate precautions.
- Patients taking Tetracycline (Doxycycline) should not be exposed to the sun or tan with tanning lamps.
- If you experience severe nausea/diarrhea/vomiting or dehydration, contact Dr. Richman.
- Consume one or two natural, non-flavored yogurts with a live culture every day while completing antibiotic therapy. Examples include: Chobani or Activia.

### Exercise:

- **No** exercise that raises blood pressure for a minimum of 4 full days.

### Precautions:

- Observation of surgical area: Do **not** pull your lips or cheeks back to view the surgical site, especially if you have had any grafting done. This will pull the gum flap away from the area, resulting in a failure.
- Do **not** allow your tongue to play with the edges of the gum or the sutures.

### Rinsing, Brushing and Flossing:

- Do **not** brush the surgical area, but brushing the teeth and gently flossing is appropriate starting tomorrow.
- Periogard, Peridex or Chlorhexidine: Gently bathe the area (do not swish) with 15cc's for 15 seconds, three times per day, start 1 hour before the surgery. Continue until contents of bottle are completed.

### Eating and Drinking:

- Do **not** eat or drink anything hot, until you get your feeling back. This will prevent burning and biting your lip or cheeks.
- Once you get your feeling back there are no restrictions relative to eating or drinking.
- Drink large quantities of orange juice (for Vitamin C) during the healing period.
- It is also important to eat a normal balanced diet.

### Swelling, bleeding and bruising:

- Are normal post surgical features and will occur, please do not be concerned.
- Swelling and bruising may be extreme and extensive, do not be alarmed!
- All swelling should begin to decrease in 5-7 days. Swelling may be extreme – not a problem.
- Place ice packs over the surgery site for 30-40 minutes, 4 times a day for 4 days.
- However, if swelling and bruising is substantially worsening, please contact Dr. Richman.
- Expect some bleeding during the first 12 hours.
- If bleeding is excessive, this may be controlled by laying a gauze swab moistened with ice tea over the area for more than 20 minutes. This may be necessary for more than 1 application.

### Dressing:

- Certain surgical procedures require a dressing over the operated area.
- If you have a dressing, it might be lost within the first 12 hours. This is normal.
- All the treated teeth (including those covered with a dressing, where applicable) **should not** be brushed for 1 week. Continue to brush and floss the remainder of your mouth thoroughly.

### Pillows:

- We suggest you sleep with your head slightly elevated on a 2nd pillow.
- This tends to reduce blood pressure to the face area and consequently, should keep you more comfortable.

## IV Sedation Patient Checklist

- ✓ Nothing to eat or drink after midnight the night before surgery
- ✓ Do not start any medications before the procedure
- ✓ A driver will be needed both to and from the appointment
- ✓ Someone will need to stay with you through the night after IV sedation associated with surgery
- ✓ Bring a change of clothes to your appointment
- ✓ Wear either warm-ups (sweatpants) or loose fitting slacks/pants to the surgery appointment + short sleeve shirt.
- ✓ Some patients are cold after treatment. Please bring a sweater/sweatshirt.
- ✓ Females: NO makeup, including eye makeup, the day of your procedure
- ✓ Females: Please advise if you are pregnant or intend of becoming pregnant prior to your surgical date.
- ✓ Males: Shave closely - NO stubble