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Periodontics & Dental Implants
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Pre Operative Instructions for Periodontal Surgery

- 1) You should arrive approximately fifteen minutes before you appointed time. You may drive yourself to and from the appointment. Many patients choose to bring a designated driver as it is easier for them to relax during the procedure when they do not have to worry about the traffic. It is also advisable to have a responsible adult stay with you the night of the surgery.
- 2) If your surgery is before noon eat a light breakfast before six a.m. If your surgery is after noon eat a light non fatty lunch by eleven a.m. Suggestions include salad, small sandwich, non-creamy soup, fruit, or non-caffeinated beverage. If you are diabetic, please call your physician or the office for special instructions.
- 3) Please take all of your prescribed medications. If you are taking aspirin or ibuprofen under a doctor's instructions, continue as usual. If they are self prescribed, try to curtail or stop them one week prior to surgery. If you are taking blood thinners please contact your physicians office or my office at least one week prior to your appointment for special instructions. If you are asthmatic and have an inhaler, use it approximately twenty minutes before your appointment and bring all asthma medications and with you to the appointment. All heart patients should bring their medications with them to the appointment. Please refrain from smoking as much as possible before procedure and for one week post operative.
- 4) Avoid alcoholic beverages the day before your procedure and during the entire time you are taking medications.
- 5) Do not wear contact lenses on the day of the procedure or the day after the procedure.
- 6) Wear casual, comfortable clothes with short sleeves on the day of the procedure. Ladies, please wear minimal or no make up.
- 7) Please use the restroom before the procedure.
- 8) Your estimated payment to Dr. Lubritz is \$____. This can be paid by cash, check or credit card prior to surgery. If you have insurance, this payment has been calculated as the portion you must pay at the time of service. If insurance pays more then we expect we will refund the difference back to you, if insurance pays less than calculated the balance will be due immediately. We will be happy to make payment arrangements with you using Capital One or Care Credit, however these arrangements must be made at least forty eight hours prior to your appointment.

Your next appointment is _____•

Please call us if you have any questions.