

Periodontal Surgery

Dr. Luis Gomez, DMD

Pre-op Instructions

1. **NO** aspirin the day of or the day prior to surgery. We recommend ibuprofen or Tylenol.
2. Wear dark colored clothes.
3. Women, **DO NOT** wear foundation. No make-up is preferred.
4. Men, if you do not wear facial hair, please shave the day of the procedure.
5. You may want to request ___ days off from work. You will need a resting period.
6. **DO NOT** come to your appointment on an empty stomach. Have a light meal 1 to 2 hours before your appointment.
7. **If your taking Coumadin or any other blood thinners you must stop 9 days before procedure and consult with your physician.**

Post-op Instructions

1. Lay down with pillows to prop your head and shoulders up. This will help reduce swelling.
2. Cold compresses should be applied against the outside of your face for 10 minutes at a time. Do this for the first 24 to 48 hours to reduce swelling.
3. Do not exercise or exert yourself for the next ___ days.
4. Do not stay close to heat sources.
5. Begin medications prior to the time the anesthesia wears off. Take medications as directed.
6. Complete the ENTIRE bottle of antibiotics if they are prescribed for you.
7. Peridex should be used daily as directed. This will help reduce bacteria in the surgical area, and throughout the mouth.
8. All teeth should be brushed and flossed daily, ***excluding*** the surgical site.
9. There may be slight seeping of blood; this is normal. If the bleeding persists heavily for more than ___ hours you may contact Dr. Gomez for instructions.
10. If large swelling occurs, contact Dr. Gomez immediately.

Food

1. Eat well and nutritious, but do not chew on the surgical area.
2. No citrus (oranges/juice etc.)
3. No spicy foods.
4. No crunchy, sticky or hard foods. (Nuts, seeds, chips, caramels etc.)
5. Food and drinks should not be too hot.
6. No alcohol the day of the surgery, and for as long as you are taking prescribed medications.

If you have an emergency please call Dr. Gomez at **(303) 669-7918**.