



Paul S. Goldstein, D.D.S, P.C.

Diplomate of the American Board of Periodontology
Diplomate International Congress of Oral Implantologists

Specialist in Periodontology with Services in Dental Implants & Oral Medicine

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INSTRUCTIONS: BEFORE PERIODONTAL AND/OR IMPLANT SURGERY

You will soon undertake a surgical procedure which will help restore your mouth to health. Carefully following the suggestions on this sheet will aid in rapid healing.

MEDICATIONS: You will receive ___ prescription(s) with these instructions.
Please have them filled as soon as possible:

1. Antibiotic: _____. Begin taking them the day before surgery until they are gone. The antibiotic will help protect you from any infection.
2. For discomfort _____ Take _____
3. For Swelling _____ Take _____
4. Antibacterial Rinse _____ Use _____

FOOD: You should have a light meal prior to the surgery. The body performs best when nutrients are readily available.

VITAMINS: You should already be taking or we will prescribe a high potency vitamin B complex with 1000mg of vitamin C.

SURGERY: We will be doing the procedure under a local anesthetic. Once the anesthetic has been administered, a rest period is allowed to enable it to take effect. Once the procedure has started, you will be aware of slight pressure but no discomfort.

HELPFUL HINTS: We would suggest the elimination of sugar and caffeine from your diet for several days before the surgery through the healing period. Those ingredients delay healing, as does smoking. This is not a time for intentional dieting. As an aid to your diet, we do suggest a supplement such as Meriline or Carnation Instant Breakfast which can be purchased at most pharmacies or grocery stores.

AND FINALLY: Pre-surgery anxiety is **Normal**. Rest assured this procedure is performed with maximum efficiency by professions who work to minimize your discomfort.

If you have any questions, please call our office



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