



# Tyler Periodontics & Dental Implants

KAYLEIGH E. TEMPLE, DDS, MS  
Diplomate of the American Board of Periodontology

ALY KENNEDY, DDS, MS  
Diplomate of the American Board of Periodontology

## PRE-OP SURGERY INSTRUCTIONS

The following instructions are helpful in preparing for your upcoming periodontal surgery. Please do not hesitate to call our office with any last minute questions or concerns at (903)581-2900 to speak with the nurse.

Please prepare for your surgery by:

- Picking up all prescriptions
- Preparing for your post-op dietary needs (see below)
- Obtaining any over-the-counter medications (Advil, Tylenol, etc.)
- You may bring headphones to listen to your music during the procedure.

You are scheduled on \_\_\_\_\_ for the following procedure:

- |   |   |
|---|---|
| <input type="checkbox"/> Soft Tissue Graft    | <input type="checkbox"/> Crown Lengthening        |
| <input type="checkbox"/> Flap Osseous Surgery | <input type="checkbox"/> Dental Implant Placement |
| <input type="checkbox"/> Tooth Extraction     | <input type="checkbox"/> Other _____              |

## SEDATION PATIENTS

If you are being sedated by either IV or oral sedation, **you must have an escort to drive you to and from the office. Your escort must remain present in the office for the duration of the procedure.** Do NOT drive for 24hrs post-op.

- Ativan: take 1 tablet night before procedure at bedtime; take 1/2 to 1 tablet 1 hour pre-op. Have a light meal prior to your appointment.
- IV sedation: no eating after midnight the night before your procedure. You may ingest clear liquids up to 2 hours pre-op.

## POST-OP FOOD/MENU OPTIONS:

Immediately after your procedure, you will be numb for 6-8 hours. Follow a liquid diet while you are numb. Once the numbness wears off, you can proceed with soft diet.

- |                   |                         |
|-------------------|-------------------------|
| Jell-O            | Ensure/Slim Fast Shakes |
| Bananas           | Soups                   |
| Yogurt            | Pudding                 |
| Pasta             | Rice                    |
| Milkshakes        | Applesauce              |
| Casseroles        | Oatmeal                 |
| Eggs              | Macaroni & cheese       |
| Fish              | Mashed potatoes         |
| Cottage cheese    | Soft enchiladas         |
| Soft cooked meats |                         |

### **AVOID THE FOLLOWING:**

- Chips, Popcorn
- Nuts
- Biting into food in surgery area
- Anything hard, crunchy, or crusted

### **LIQUID DIET WHILE NUMB:**

Eat only foods that you can spoon in and swallow or drink. Maintain a high caloric intake.

## SPECIAL INSTRUCTIONS



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You are scheduled on \_\_\_\_\_ for the following procedure:

- Connective Tissue Graft
- Alloderm Graft

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- IV sedation: no eating after midnight the night before your procedure. You may ingest clear liquids up to 2 hours pre-op.

## POST-OP FOOD/MENU OPTIONS:

Due to the delicacy of post-op healing, you will follow a liquid diet for the first 24 hours, followed by an ultra-soft diet until you return for post-operative care.

- |                   |                         |
|-------------------|-------------------------|
| Jell-O            | Ensure/Slim Fast Shakes |
| Bananas           | Soups                   |
| Yogurt            | Pudding                 |
| Pasta             | Rice                    |
| Milkshakes        | Applesauce              |
| Casseroles        | Oatmeal                 |
| Eggs              | Macaroni & cheese       |
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| Cottage cheese    | Soft enchiladas         |
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## SPECIAL INSTRUCTIONS