



PRE-OPERATIVE INSTRUCTIONS FOR PERIODONTAL SURGERY

- Please wear loose, comfortable clothing. If possible, leave rings and other jewelry at home and wear only a minimal amount of makeup.
- If you wear contact lenses, please leave them out or have the items needed to remove them prior to surgery.
- Take your normal medications the day of surgery unless otherwise recommended by your doctor.
- Consume a light meal at least one hour prior to the surgery **unless you are undergoing IV sedation.**
- If necessary, a prescription for antibiotics or pain medication may be given to you. You may fill this prescription at the pharmacy of your choosing.
- If you are breastfeeding, please let your doctor know prior to the procedure.
- Do not ignore a head or chest cold when surgery is to be performed, as a change of appointment may be necessary. Please call us to consult us about your symptoms.
- It is suggested to have a reusable ice pack or bag of frozen peas at home to serve as a cold pack to help minimize swelling after surgery.
- Suggested foods to have available at home after surgery are:
 - Fruit smoothies
 - Protein or nutritional supplement shakes
 - Milk
 - Milkshakes
 - Pasta
 - Soup
 - Mashed potatoes
 - Scrambled eggs
 - Applesauce
 - Pudding
 - Yogurt

If you have any concerns, please do not hesitate to call our office **(720) 703-9116**.

Kyle Diehl, PhD, DDS, MSD | Colleen Leong, DDS, MSD

2979 North Iola Street
Denver, CO 80238
(720) 703-9116
team@periocp.com