

Advanced Cosmetic & Implant Dentistry

Kevin M. Landers, D.D.S. FAACD

Before Surgery Directions

- ✓ Please make sure you eat & drink (no alcohol) a **nutritious breakfast or lunch** a few hours before your appointment. Please do not overeat or eat food that is difficult to digest. Please don't have a lot of coffee and sugar, i.e. coffee & a doughnut for breakfast! Eat a healthy, low sugar, low caffeine, mild, and easy to digest meal.
- ✓ **Take your medication as you normally do**, unless otherwise directed by Dr. Landers not to. If you take **anti-coagulants** such as "Heparin" or "Coumadin" or "Warfarin" etc, please let Dr. Landers know. Also, if you routinely take aspirin please let Dr. Landers know, since **aspirin** use can cause an increase in post treatment bleeding. If you **pre-medicate** for any pre determined medical reason, you will need to pre-medicate for your surgical appointment.
- ✓ **Contributing systemic risk factors**, which are inherently unique to each patient, may affect treatment and therapeutic outcomes for dental surgical procedures and post treatment success. Risk factors may include: diabetes, smoking, and certain periodontal bacteria, aging, gender, genetic predisposition, systemic diseases and conditions (immunosuppression), stress, nutrition, pregnancy, substance abuse, HIV, and associated medications.
- ✓ **Have You Been Diagnosed With:**
MCS (Multiple Chemical Sensitivity) Yes No
EI Syndrome (Environmental illness Syndrome) Yes No

Would you like to take "**Bio-compatibility Test**" to determine if you are sensitive to any dental materials? (There will be an additional Fee) Yes No

- ✓ _____ If you there has been any **changes in your medical history** or if your are taking any new prescription medications you need to inform Dr Landers and fill out an **updated health history** at our office: If you are on Blood Thinners (Anti-Coagulants) or if you take Bisphosphonates: Fosamax for Osteoporosis, or have a **problematic medical history**, please inform Dr Landers and work with our front desk staff to coordinate communication between your physician and our office. In some cases, your **physicians written consent** will need to be required before any surgical procedure is scheduled at our office.
- ✓ If a five to seven day prescription of **antibiotics** was prescribe for you, please begin to take the prescription 24-48 hours before your scheduled appointment and continue taking the antibiotics until the antibiotic is completed. This 5-7 day prescription dose of antibiotics is not to be confused with a different prescription dosage of antibiotics, written for patients who are required to take "pre-med" antibiotics. Pre-med antibiotics are only taken one hour before the appointment procedure.
 - Procedures which typically require **5-7 day prescription of antibiotics. Begin Rx 48 hours before the procedure and continue until gone:**
 1. Bone grafts & Sinus lifts
 2. Apicoectomy: when tip of tooth root is removed
 3. Gum grafts: when acellular donor tissue is used as the graft material (Alloderm). (Gum grafts transferred from the top of patient's mouth do not require antibiotics.)
 4. Gum surgeries when tooth-supporting bone is contoured or shaped. i.e. Gum Surgery involving tooth supporting bone Re-shaping.
 5. Boney impacted Wisdom teeth removal, requiring tooth supporting bone reshaping.

** Placement of Dental implants only requires a pre-med antibiotic. The typical dose is 4 taps taken 1-hour before the surgical procedure. Exception: Patients who have had an implant failure should be on antibiotics 5-7 days of antibiotics begin 24-48 hours before the procedure.

** **Periogard Prescription Mouth Rinse** is a must and there are No Exceptions! NO Substitutions! And it's required for all surgical procedures.

_____ I understand that if I am scheduled for any of the above procedures and have not received a prescription from the dental office, I need to ask for and fill the prescriptions at least 48 hour before my procedure.

Antibiotics are not required for all dental surgeries and root canal procedures. But **patients can request antibiotics for any dental surgery** or root canal procedure.

We have found that patients who take antibiotics and pain medications the evening after a surgical procedure are more likely to become nauseated. For this reason, you might consider not taking the antibiotic the evening after the dental procedure. Then restart the daily dosage the next day by taking two in the morning.

Optional Medications/ Prescriptions available upon request:

- **Pain Medications:** Please note: If you have a high pain threshold you can choose not to take the prescribed pain medication. Advil or Motrin (Ibuprofen) will work very well without leaving you tired or "out of it".
- **Valium** Help patients to relax, and/or reduce treatment related anxiety. **Nitrous Gas** is optional upon request for any dental procedure.
- **Anti-Nausea** medication
- **Steroid** to reduce after treatment swelling and bruising. Please consider your personal risk benefit assessment verses steroid use.
- **NicoDerm patches** for smokers upon request.

- ✓ While it's not necessary, we advise that you get a "**good nights sleep**" the evening before your appointment. And when ever possible have a good dental cleaning before any dental surgical procedure.
- ✓ It's advisable to arrange a **ride home**. Minimally, pre-arrange for or ask our receptionist to call a cab for you.
- ✓ Bring something you like to **read or an iPod or cell phone** with your favorite soothing music. All of our patients are scheduled as to allow extra time for our numbing procedure. **Our patients are always comfortable** for surgical procedures, so feel confident in the fact that we take our time and will not begin until you are fully numb. Dr. Landers will begin with a systematic multi-step numbing process. Our unrushed numbing routine makes all surgical procedures virtually painless. If you are still dealing with some nervous type concerns, please ask a team member about services we offer which will make your experience more pleasant (i.e. Nitrous Gas or Valium).
- ✓ Discuss your need for **pain relievers** with Dr. Landers before the procedure and try to fill the prescription before you arrive. Antibiotics & painkillers can make you nauseous, if you have a history of feeling nauseous from a painkiller, antibiotics, or easily get an upset stomach, please let us know and we can optionally prescribe an **anti-nausea prescription**.
- ✓ Wear comfortable clothes. Avoid your favorite clothes and **avoid white clothing**. Dental medicines in general can stain white clothes.
- ✓ Take care of your **insurance questions, financial discussions and payments before** you begin the surgical procedure.
- ✓ It's a great idea to **plan to watch movies** and prepare your evening meal in advance. After you arrive home, you will be amazed how much more comfortable you will be if you remain still and inactive. You will have much less discomfort and much less chance of post-procedural infections.
- ✓ Immediately following your procedure, we recommend cold beverages (decaffeinated iced tea, carbonated beverages, fruit juice, water). **Prepare your meal in advance;** we suggest that you start with mushy foods: soup, yogurt, scrambled eggs, mashed potatoes, fruit smoothies or nutritious power shakes, for example. We will recommend that you stay on a softer diet for a week following your procedure. A soft food diet is anything you can cut with a fork (ground meat dishes, casseroles, cooked vegetables, chicken, fish, pasta, macaroni, etc.).

Most of these directions are not absolutely necessary, but it's our goal to make your experience as pleasant as possible!

Patient's (Or Legal Guardian's) Signature

Date

© Advanced Cosmetic & Implant Dentistry