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## **General Pre-Op Instructions**

Remember to inform our staff if you have any significant medical problems (i.e. diabetes, heart disease, allergies to any medications, are taking a blood thinner, medications for osteoporosis (Fosomax, Boniva, Prolia, Plavix, Coumadin, etc.), or if you require an antibiotic pre-medication prior to your dental work (patients with artificial heart valves or artificial joints).

- If you are having an **implant** placed, or a **sinus lift**, please **begin taking your antibiotic 24 hours prior to your appointment**. Please provide your pharmacy information so that we may call this in for you ahead of time.
- If you are having a **connective tissue graft**, please **begin taking your Dexamethazone starting 24 hours prior to your appointment**. Please provide your pharmacy information so that we may call this in for you ahead of time. Take 2 tablets with breakfast the day before and day of the procedure. Take 1 tablet with breakfast on days 3, 4 and 5.
- We recommend **taking 800 mg of Ibuprofen 1 hour prior to your appointment**. If you cannot take NSAIDs, Tylenol is recommended. Take with food and a full glass of water.
- Wear loose fitting clothing and a short sleeve shirt (or a jacket that can be removed easily) so that we can easily obtain your vital signs. The temperature in the room will be cold during your procedure so please bring a blanket with you if you are easily chilled.
- We recommend purchasing softer foods ahead of time that will provide adequate nutrition for healing after your procedure without the need for considerable chewing.
- Refrain from smoking, vaping or marijuana for at least 48 hours prior to, and after, the procedure.
- Eat a light, easily digestible meal, consume no alcoholic beverages, and get a good night's sleep the night before the surgery.
- Please use the restroom 30 minutes prior to your procedure.
- Please schedule your calendar so that you do not have any major commitments during the immediate postsurgical period (24-72 hours).