

## PRE-OPERATIVE INSTRUCTIONS

Patient Name: \_\_\_\_\_

Appointment: \_\_\_\_\_

In order to provide you with the best surgical experience and operative results, the following pre-operative instructions are recommended. Please follow them closely.

- ☐ 1. **STOP** \_\_\_\_\_ days prior to treatment all **blood thinning medications**, including prescription, OTC, and herbal supplements with thinning properties. These include but are not limited to: Aspirin, Lovaza (Rx Fish oil), Brilinta (Ticagrelor), Xarelto (Rivaroxaban), Eliquis (Apixaban), Amiodaron (Pacerone, Cordarone), Effient (Prasugrel), Pradaxa (Dabigatran) Plavix (Clopidogrel), Persantine (Dipyridamole), Coumadin, Warfarin, Dicumarol, Integrillin (Eptifibatide), Ticlid (Ticlopidine), Aggrastat (Tirofiban), Refludan (Lepirudin), Aggrenox (Aspirin and Dipyridamole), Heparin, Fragmin (Dalteparin), Lovenox (Enoxaparin), Innohep (Tinzaparin), Argatroban, Pletal (Cilostazol), Savaysa or Lixiana (Edoxaban).

Note: WE WILL GET CLEARANCE FROM YOUR DR TO STOP PRESCRIPTION BLOOD THINNERS  
Herbal medications, and natural supplements such as: Vitamin E, Garlic, Fish Oil, any oils, bilberry, bromelain, cat's claw, devil's claw, dong quai, evening primrose, feverfew, ginger (at high doses), ginkgo biloba, ginseng, grape seed, green tea, horse chestnut, and turmeric, nattokinase.

- ☐ 2. **Daily Medications:** Please continue to take your medications as usual (except blood thinning- see above). This includes any High Blood Pressure, cholesterol, diabetes medications, etc. There is no need to change your normal routine.

- ☐ 3. **Premedication:** If you are required to take antibiotics prior to dental treatment, you will need to start antibiotics \_\_\_\_\_ before treatment.

- ☐ 4. **Sedative or Tranquilizing Medications:** You must have someone drive you for your appointment if you medicate prior to your appointments with these types of medications.

- ☐ 5. **Post Operative Medications:** Prescriptions- You will start taking the antibiotics \_\_\_\_\_ prescribed: \_\_\_\_\_ days before that your periodontal / implant therapy is to be completed. \_\_\_\_\_ the morning that your periodontal/implant therapy is to be completed.

6. Other prescriptions i.e. Ibuprofen 800mg, Hydrocodone, Tramadol, etc. will be started after your treatment.

- ☐ 7. **Diet:** Please eat as normal prior to your appointment. **No fasting is necessary.** **NOTE: Diabetics** – please advise if you must eat at certain time intervals so your appointment time can be accommodated to your schedule.

- ☐ 8. **Smoking/Tobacco:** Please refrain from any tobacco products the day of surgery.

- ☐ 9. **Activity:** You will be able to resume your normal activity level the next day unless otherwise advised.

- ☐ 10. **Oral Hygiene:** Please use original cavity protection toothpastes with fluoride only. Avoid whiteners, tartar control, baking soda / peroxide, multi-care, etc. The brand of toothpaste is not important – use your preference. This change is permanent.

☐ **If you have any further questions, do not hesitate to call the office at (863) 382-8878.**