

Dental Practice of
Robin H. Berrin, DDS
Robert W. Pretel, DDS, MSD
P. Paul Towfighi, DDS, MS
P. Kevin Chen, DMD, MS

Capitol
PERIODONTAL
G R O U P
Periodontics & Implant Dentistry
Established 1974

Rosemary Wu, DMD, MS
Nidhi Jain, BDS, DMD, MS
Aneel Nath, DDS
Khalid Rasheed, DDS

PREPARING YOURSELF FOR PERIODONTAL SURGERY

INTRAVENOUS SEDATION

Please do not eat or drink anything six hours prior to surgery. However, **do take any prescribed medications** unless instructed otherwise. If you are scheduled for an afternoon intravenous sedation surgery, please get up early enough to eat breakfast at least six hours prior to surgery.

A responsible adult must take you home and remain with you following your surgery.

LOCAL ANESTHESIA

No restrictions. You may drive to and from the office. Please do not skip meals.

ORAL SEDATION MEDICATION

- No eating or drinking for 4-6 hours, however you can drink clear fluids like water or apple juice.
- You must have a driver who stays with you from the time you take the sedation medication at home prior to your appointment, through a time 2-3 hours after you have returned home. **This means your driver must bring you to the appointment and come into the office with you.**
- **Your driver must stay at the office during your appointment and stay with you at least 2-3 hours after you've returned home.**
- **You may not drive yourself to and from your appointment.**
- **You may not drive for 24 hours after taking the medication.**

IMPORTANT THINGS TO FOLLOW

- Any aspirin or anti-coagulant treatment will be addressed on an individual basis by your doctor prior to treatment.
- Please do not donate blood for 3-4 weeks prior to surgery.
- **No alcohol** consumption 24 hours prior to surgery and while you are taking pain medications.
- **Take your normal PRESCRIPTION MEDICATION, unless instructed otherwise.**
- Notify staff of any medications that you take the day of your surgery.
- **Wear a short-sleeve garment the day of your surgery.**
- Wear comfortable walking shoes. No high heels or flip flops.
- If you are having intravenous sedation surgery, remove nail polish.
- Daily wear contact lenses should be removed prior to your surgery.
- Prepare ice packs and have soft nutritious foods available at home. Nutritious, easy to eat foods include: milkshakes, cottage cheese, yogurt, soup, ground meat, etc. Nutritional supplements such as Meritene, Nutriment or Ensure may also be consumed.

SPECIAL INSTRUCTIONS FOR DIABETICS

If using local anesthesia, eat and take medications as normal.

Insulin dependent diabetics undergoing IV sedation should take ½ their normal insulin dose if the surgery is in the morning. If the surgery is in the afternoon, eat a normal breakfast, but not lunch, and take your normal dose of insulin 6 hours before the surgery.

RECUPERATION TIME

The average recuperation period is 3-7 days, although some people require additional time. Other people do not require any time off from work. There is no mandatory length of bed rest required.

Our staff and your doctor are available to answer any questions.

Please do not hesitate to call. The after-hours emergency number is (916) 236-3122

Sacramento Office

1810 Professional Drive, Suite B
Sacramento, California 95825
(916) 971-3461
(916) 973-9830 Fax
SacramentoAdmin@Capperio.com

Laguna Office

9309 Office Park Circle, Suite 110
Elk Grove, California 95758
(916) 684-3379
(916) 684-4106 Fax
LagunaAdmin@Capperio.com

Roseville Office

2428 Professional Drive, Suite 100
Roseville, California 95661
(916) 786-6585
(916) 786-7542 Fax
RosevilleAdmin@Capperio.com

Folsom Office

2535 East Bidwell, Suite 150
Folsom, California 95630
(916) 984-1109
(916) 984-1764 Fax
FolsomAdmin@Capperio.com