

Summit View Periodontics
Pre-Operative Instructions

Please take the time to read over these pre-operative instructions. This will help you prepare for your upcoming procedure. If there are any other questions, please don't hesitate to call us. We are here to make this as comfortable for you as possible.

- Please check in at least 20 minutes prior to your scheduled surgery.
- You may eat a light breakfast or lunch at least two (2) hours prior to your appointment. Patients having Minimal Oral or IV sedation will not eat for at least 8 hours prior to your appointment.
- Have softer foods prepared/available for after your procedure. A helpful tip: You can consume any foods you can cut easily with the side of a plastic fork. Examples include soft or thin soups, over cooked pasta, potatoes, eggs, fish (watch for bones), soft rice, mashed beans, etc.
- Wear loose fitting, comfortable clothes. Short sleeve shirts are preferred. If you have a special neck pillow, back roll, or blanket that you like to use during your dental therapy, please bring it with you.
- It is helpful if you do not wear makeup, eyeliner, lipstick or lotions on your face or neck area.
- For a minimum of two (2) weeks we will want you to avoid any temperature hot foods, spicy foods, and any foods with small seeds or hulls (strawberries, sesame seeds, popcorn, etc.).
- On the day of your appointment plan on going home and taking it easy. Have ice packs available to place against your skin. Icing the area is helpful for the first 24 hours. Most patients will be able to resume light activity the following day, unless instructed otherwise.
- Plan to limit exercise and vigorous activity for the first 72 hours to avoid any bleeding or excessive swelling.
- Prescriptions will be called into your pharmacy or given to you to fill at the pharmacy of your choice. Instructions are on each prescription. Please take them as directed. If there are any questions, please contact our office (303-450-3144). Please bring all of your prescriptions with you to the appointment.
- If a mild sedative has been prescribed to you, please make sure that you have a driver over the age of 18 that can take you to, and from, your appointment. Consent forms will need to be read and signed **PRIOR** to you taking any sedatives. Not doing so may result in a reschedule of your surgery.