

## **IV SEDATION**

You must have someone drive you home,  
And stay with you for the remainder of the day.

If your driver wants to leave while procedure is in process,  
they will be told to return 30 mins prior to completion of  
surgery.

## **DO NOT EAT OR DRINK ANYTHING 6 HOURS PRIOR TO SCHEDULED SURGERY TIME.**

- You are allowed a **SMALL** sip of water to take your  
sedative **2** hours prior to scheduled surgery time.
- Wear loose comfortable clothing with short sleeves.
- Do not wear contact lenses, make-up or jewelry  
to the office.
- Do not drive or make major decisions following  
surgery.
- Sleepiness is common for the first 24 hours  
following IV Sedation.

## **BRADSHAW PERIODONTICS**

“Quality treatment with personalized care”

[www.bradshawperiodontics.com](http://www.bradshawperiodontics.com)

## **PRE/POST SURGERY INSTRUCTIONS FOR LANAP AND/OR PERIODONTAL SURGERY**

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

Next Appoint: \_\_\_\_\_

Time: \_\_\_\_\_ AM / PM

**After hours call:**

**Dr. Bradshaw's Cell Ph. · 281-787-1832**

## **OTICS**

be given a prescription for an antibiotic to

improve healing after surgery and to prevent infection.  
**Start taking it the day before surgery and continue taking until all medication is completed.**

*\*Alternative contraceptives should be used for women on birth control.*

### **ANTI INFLAMMATORY/PAIN MEDS**

- **Naproxen Sodium – 375mg**

Take 1 tab every 6 hours. Take with food. If you need a stronger pain medication, ask the doctor for a prescription.

### **SEDATIVES**

- **Ativan or Lorazepam**

*Do not take sleeping aids, anti-depressants, or alcohol with this medication.*

➤ **Take one tablet the night before surgery.**

➤ **Take 1 or 2 tablets 2 hours prior to your appointment.**

**SOMEONE MUST DRIVE YOU TO AND FROM YOUR SURGERY APPOINTMENT.**

### **ASPIRIN/BLOOD THINNER**

Do not take aspirin or blood thinner products **5** days prior to your surgery. Clearance/instructions may be needed from your **medical physician** prior to doing so. You may resume taking medications the day after the surgery.

### **EATING**

#### **FIRST 24 HOURS:**

- Diet should be restricted to cool & soft foods. Examples: Yogurt, smoothies, Ensure/Boost.
- **AVOID ALCOHOL, CARBONATED DRINKS, POPCORN, CHIPS, NUTS, SEEDS AND DRINKING THROUGH A STRAW.**
- **No spitting, gargling or vigorous swishing**

#### **AFTER 24 HOURS:**

- Diet should still be soft foods but can be warm temperature as tolerated. Examples: Cooked vegetables, soup, oatmeal, scrambled eggs, baked chicken, fish or ground beef.

### **ORAL HYGIENE**

**Do NOT brush or floss any surgical areas until given specific instructions at your first postoperative visit.**

- You may notice a white film over the surgical sites and this is normal.
- You may continue normal brushing in **NON-SURGICAL** areas with a manual toothbrush.

- **DO NOT USE : ELECTRIC TOOTHBRUSH, WATERPIK,**

**OR HYDROFLOSS IN SURGICAL AREAS UNTIL RELEASED TO DO SO.**

- **Rinse with warm salt water 3x daily starting the day after surgery.**

### **ANTI-OXIDANT GEL**

At your surgical visit, you will receive **AO ProVantage Gel**. This gel is a dental antioxidant that is very soothing and promotes healing.

- **First 2 weeks post-surgery:**  
**Apply 1 pump of gel to the surgical site 5x daily until seen at post-operative exam.**
- **After 2 weeks, continue using gel 2x daily as maintenance.**

### **SWELLING**

- Place ice pack to the outside of your face in the surgery area and leave in place for **10** minutes then remove.
  - Wait **10** minutes then reapply the icepack to the surgery area for an additional **10** mins.
  - Continue to alternate the ice placement

for the first **4** hours following surgery and as needed for swelling.

*24 hours after surgery the ice pack may be used as a warm compress if needed. Heating Instructions are printed on the pack.*

**Avoid lying on the side of your face the surgery was performed.**

### **BLEEDING**

A small amount of bleeding is normal. If you feel bleeding is slightly more excessive you can press a (black) teabag that has been moistened with cool water to the area. If excessive bleeding persists, call the doctor.

### **ACTIVITIES**

**REST:** Plan to rest the remainder of the day following surgery. When sleeping, elevate your head to decrease swelling.

**FOLLOWING DAY:** You may return to normal daily routine, but **AVOID** strenuous activities such as heavy lifting, exercise or activities that increase your heart rate. You should wait **1 week** to resume these activities.

**NO long distance traveling for 1 wk**

### **SMOKING**

**DO NOT SMOKE FOR 3 WEEKS POST SURGERY.**

Smoking is detrimental to healing gum tissue and will affect the results of surgery. If you can stop smoking for 3 weeks post-operatively, you may as well quit all together.