

## Implant and Periodontal Associates NW

### IV Sedation Before and After Surgical Instructions

*Thank you for choosing our office as part of your dental healthcare team. Our goal is to exceed your expectations. In order for us to better serve you; we have established the following guidelines.*

- **Diabetic Patients:** Bring your glucometer to all appointments. Please make sure you have an up-to-date A1C level and notify our office what that A1C level is prior to your surgical appointment. We will need the results in written form in order to complete your surgical appointment. Please fax the results to 425-489-1923.
- If you are taking **Coumadin/Warfarin or blood thinner medication**, please notify our team. We will need to have your INR level check 2-3 days prior to your surgical appointment and need the results in written form in order to complete your surgical appointment. Please fax the results to 425-489-1923. Do not discontinue your aspirin regimen, regardless of strength for the surgical procedure.
- If you were prescribed an **antibiotic**, begin taking 1 day before your procedure as directed. Please discontinue use immediately and call us if you experience any digestive symptoms including loose stools, nausea, or vomiting.
- Please notify our team if anything changes in your health, including any new medications, prior to your surgery.
- Please **do not wear make-up to your surgery**; we use a disinfectant for the skin surface around the mouth prior to surgery.
- You have been given the **post operative instructions** with this letter. Please call our team if you have any questions regarding the instructions.
- We will give you any necessary prescriptions for your procedure one week before your surgery.
- Please **avoid smoking, alcohol consumption** and **exercise** for two days following the appointment.
- **You will need a responsible driver(18 years and older) to and from your appointment who stays for the duration of the appointment. You will be required to have someone with you for 8 hours following your appointment. Do not drive a car or operate machinery, appliances or engage in any legal or financial matters for 24 hours following your procedure.**
- Determine your weight in pounds prior to your procedure.
- Please inform us immediately if you develop any common cold symptoms.
- **No smoking 24 hours prior to your surgery.** It may interfere with the anesthetic and predispose you to post-operative nausea or infection.
- Please inform us if you may be pregnant.
- Drink plenty of liquids the day before the scheduled surgery.
- Please wear a short sleeve shirt and comfortable clothing. You may bring a blanket to place over you during the surgery.
- **Stop FOOD 6 hours prior to your surgery time, however** diabetic patients can have one dry piece of toast with a small amount of water the morning of your procedure to take routine medications and prescription medications. Do not drink any coffee/tea or alcoholic beverages 12 hours before the surgery, please drink plenty of clear liquids until 4 hours before the surgery.

- Ibuprofen is recommended during your post surgery care. Please be sure to pick up the Ibuprofen and have it available for you at home after the procedure. **If you have an Ibuprofen allergy, please notify our team.**
- Please arrive to your appointment on time. If you have any financial questions or need to complete any paperwork prior to your procedure, you will need to arrive earlier than your scheduled time.

If you have any questions, please do not hesitate to call us at 425-486-9111. We look forward to seeing you soon.

Implant and Periodontal Associates NW  
Dr. Elisabeth Easley-Perez

## Post Surgery Instructions

### The Trip Home

- Be sure to wear your seatbelt. Try to keep your head up and not drooping down into the chest. Try to keep your head from rocking back and forth to avoid motion sickness, especially with children.

### Recovery at Home

- If you vomit make sure you are bent over and/or turn your head to the side to ensure you do not inhale the vomit.
- After the dental appointment try to keep from biting your cheek, lip, or tongue while numb.
- You will be sleepy and/or groggy and need to be supervised by your ride for 8 hours after the procedure.
- Stay away from stairs and/or have help moving up and down stairs for the first 8 hours after the procedure.
- You must always be in the room with your responsible adult and should not have your face covered by a blanket or pillow for the first 8 hours after the surgery.
- The first meal should be light and easily digestible. Room temp soup is a good choice.
- It is helpful to have sips of beverages such as ginger ale, 7-up, coca-cola, etc. to avoid nausea.
- You may start taking prescribed medications after the surgical procedure.
- Do not drink any alcoholic beverages for 24 hours following the procedure.
- Should any unusual situation arise please contact our office at 425-486-9111. If it is afterhours: Dr. Easley can be reached at 480-256-2158