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PRE-OPERATIVE INSTRUCTIONS

The following instructions may be helpful when preparing for your upcoming surgery. Please do not hesitate to call if you have any last-minute questions. We can be reached at 585-756-5566 during regular business hours.

Day before the procedure: (if applicable)

- Prescriptions will be sent to the pharmacy of your choice a few days before the procedure. Please bring your filled prescriptions with you to your appointment.
- If you are taking blood thinners such as Coumadin, Xarelto, Pradaxa, or Aspirin, Plavix or any other blood thinner and homeopathic medication, remember to discontinue them as directed.

Day of the procedure:

- Wear comfortable clothes.
- You will feel better if you have eaten prior to surgery (unless you are scheduled for a procedure with sedation).
- If antibiotics were prescribed, take antibiotic dose as directed.
- If pain medications were prescribed, take as directed one hour prior to procedure.
- We advise to refrain from smoking before surgery or after, as smoking significantly delays healing and could result in negative surgical outcomes.
- Bring your retainer or appliance to your appointment (if applicable).
- Please feel free to bring your own music and headphones or we can provide musical selections for you to listen during the procedure.

Food Suggestions

When preparing a post-op menu, please consider some of the following choices:

- Jell-O
- Bananas
- Yogurt
- Pasta
- Milk Shakes
- Casseroles
- Eggs
- Fish
- Cottage Cheese
- Soups
- Pudding
- Rice
- Apple Sauce
- Oatmeal
- Macaroni & Cheese
- Mashed Potatoes

In order to evaluate your progress and healing, we will see you for weekly post-operative checks during the first 1 – 5 weeks. After surgery, in most cases, we will also look forward to seeing you back for a periodontal maintenance cleaning and an examination of tissue maturation about 10-12 weeks following the surgery.