

Pre-Surgical Instructions

Dr. Doug Hammond, DMD, MSD

We understand that having a periodontal surgical procedure is not a part of your daily routine. We strive to make you as comfortable as possible. Our commitment is to provide you with an optimal level of care.

Please feel free to ask any questions before surgery to make this appointment as easy for you as possible.

Day before Surgery

- Our office will contact you by phone (the business day before your surgery) to go over pre-op instructions.
- Dr. Hammond will call in 3 - 4 prescriptions (antibiotic, steroid, prescription mouthwash, and pain medication/or you may be given a handwritten prescription for pain medication when you arrive the morning of your surgery). These prescriptions are usually ready for pickup at your pharmacy in the late afternoon the day before your surgery. You must pick them up at this time because you will need them on the morning of your surgery.
- If conscious I.V. sedation is being employed, you should not consume any food or water past midnight (or as instructed) the night before your surgery is scheduled.
- Also, please do not consume any alcohol the night before your surgery. If you feel you will have difficulty sleeping the night before, please make our staff aware of the problem and a possible sleep aid may be prescribed.
- Please take your usual medications with a small amount of water, unless advised otherwise. If you use an inhaler or take Nitroglycerin tablets, please bring them with you.

Day of Surgery

- ***You will need to take the prescribed antibiotic (with a small sip of water) one hour before your scheduled surgery time.***
- Plan to be in our office at least thirty minutes before your scheduled appointment time. This will allow enough time to complete necessary forms, schedule a post op appointment and fulfill previously made financial arrangements.
- Please wear loose, comfortable, warm clothing with short sleeves or long sleeves that can be easily rolled up. A shirt or blouse that unbuttons down the front is helpful.
- Please arrange to have a responsible adult monitor you for the first 24 hours. If you have received I.V. sedation, you must have an adult drive you home and refrain from operating a motor vehicle for 24 hours after surgery.
- Generally hard, chewy or warm foods and drinks should be avoided immediately following surgery. Cool, soft foods such as ice cream, yogurt and Jell-O are suggested immediately after surgery. Liquids such as Instant Breakfast, Ensure and Gatorade can be helpful. Soft solids such as creamed potatoes, overcooked vegetables, soups and overcooked pasta are nutritious and easy to ingest, and may be added the day following surgery. **Recommended foods for Diabetic patients:** Glucerna, Carnation Instant Breakfast (no sugar added or fat free), Sugar Free Pudding, Blue Bunny Ice Cream (no sugar added or fat free), Light Yogurt (artificially sweetened), Sugar Busters Yogurt, Tomato Soup, Cream of Chicken Soup

We are dedicated to providing the highest level of care possible. You will be carefully monitored throughout your surgery appointment and will never be left unattended.

Please do not hesitate to contact our office at (256) 882-0255 if you have any questions concerning your surgery.