



MK Periodontics and Implants

General Pre-Operative Instructions

- We suggest you dress in comfortable (loose fitting) clothes. Please wear minimal makeup and no lipstick. Please feel free to listen to music during your procedure.
- Please brush your teeth prior to your appointment.
- Please fill your prescription(s) prior to your appointment and take as directed.
- We suggest you eat prior to your appointment unless we plan your procedure under oral or IV sedation. If you are unable to do so, please inform our staff upon checking into the office.
- **Blood Thinners/Aspirin:** If you are taking **more** than 81mg, you **must** obtain written authorization from your prescribing physician as to when you can discontinue or reduce your dosage. We will ask you to discontinue this type of medication **5 - 7 days prior & two days after** your treatment.
- **Rest:** Please allow 24 - 48 hours of rest following your procedure. Please allow 48 hours before resuming exercise, as to not elevate your blood pressure and heart rate. Sleep with your head elevated for the first night or two, placing a towel over pillow as drooling may occur.
- **Smoking:** Please refrain from smoking (including Marijuana) **48 hours prior** to your procedure and a minimum of **two weeks following**. Continuing to do so may delay your healing process and the outcome of your procedure as well as increase discomfort.
- Please allow **three business days'** notice for rescheduling to avoid a cancellation fee.