

PREOP SURGERY INSTRUCTIONS

- ❖ **FOOD:** Eat a good meal and drink plenty of fluids the night prior to surgery. Also drink plenty of fluids throughout the day to stay hydrated.
- ❖ **MEDICATIONS:** Take all medications as usual unless advised otherwise by Dr. Cook and/or her staff.
- ❖ **Daily ASPIRIN:** Do you regularly take daily aspirin? If so please discontinue use 5 days prior to your surgery.
- ❖ **VITAMINS:** Do you regularly take Vitamin E, Krill Oil or Fish Oil? If so please discontinue use 5 days prior to your surgery.
- ❖ **GREEN TEA:** Do you regularly drink green tea? If so please do not drink any 5 days prior to you surgery.
- ❖ **COSMETICS:** Avoid wearing cosmetics around the mouth and cheek area so that bacteria are not inadvertently transferred to the surgical site. This includes lipstick or lip gloss.
- ❖ **PREMEDICATION:** If you require antibiotic premed take it at least 1 hour prior to your appointment.
- ❖ **IV SEDATION:**
 - **AM Surgery:** Do not eat or drink anything after midnight the night prior to your surgery. Then have 1 large 10-12oz glass of water 1 hour prior to your surgery.
 - **PM Surgery:** Eat a light breakfast which may consist of a bowl of cereal, toast, juice or coffee PRIOR to 8:00 am the morning of your surgery. Then have 1 large 10-12oz glass of water 1 hour prior to your surgery.
- ❖ **DRIVER:** IV sedation patients are not allowed to drive for 24 hours after your surgery so you will need to have someone drive you home and stay with you 12-24 hours after your surgery. If this person is not present at the time of your arrival for your surgery please have a contact name and number readily available to the receptionist that checks you in.
- ❖ **ERECTILE DYSFUNCTION DRUGS:** If you take any erectile dysfunction drugs such as Cialis, Viagra, or Levitra you must not take it 36 hours prior to surgery.

Please bring your prescriptions in the provided bag the day of surgery



Cook Periodontics & Dental Implants

Great Smile

Deana C. Cook, D.D.S., M.S.
Phyllis B. Cook, D.D.S., M.P.H.

Diplomates of the American Board of Periodontology
7028 Wrightsville Ave · Wilmington, NC 28403
(910) 256-8486 · Fax (910) 256-8449 · www.cook-perio.com

Prescriptions for Surgery

Patient Name: _____

Date: _____

Scheduled Surgery: _____

Chlorhexidine Rinse

Begin gently swishing three days following your surgery. Use it twice daily until we inform you to discontinue it. Do not use any other mouth rinses or antiseptics such as Listerine or Scope while you are using this rinse.

Lodine/Etodolac (Anti-inflammatory/Pain medication)

Start taking 1 tablet 3 times daily for at least 3 days following your surgery. If on the 3rd day you still feel tender or still have swelling you should continue the prescription until the bottle is finished.

Narcotic Pain Medication (_____)

If you have discomfort after you take the Lodine, you may take this pain medication to make you more comfortable. This is a narcotic and may make you drowsy so you do not want to drive after taking this.

Antibiotic (_____)

You should start this medication the day before your scheduled surgery. If you do not start it the day before you should start it the day of surgery. Take this medication as prescribed until finished.

Other if applicable (_____)

Sinus Medication if applicable (_____)

Please call our office at any time if you have questions or concerns about your medications or your surgery. Your surgical assistant _____ will be happy to assist you with any questions.

Dr. Phyllis Cook: 910.262.8486 (cell)
910.784.0926 (home)

Dr. Deana Cook: 919.749.2070 (cell)

Your prescriptions ◇ were given to you today ◇ will be called into _____