



# Lowen Perio

**Take pride in your smile.**  
Periodontics & Implant Dentistry

503 620 1117  
info@lowenperio.com  
9900 SW Greenburg Rd #230  
Tigard, OR 97223  
lowenperio.com

## PRE-SURGICAL INSTRUCTIONS

### Periodontal Surgical Treatment

#### Prior to treatment

- **7 days prior:** Discontinue over the counter blood thinning medications (eg. fish oil, ginkgo biloba, aspirin, ginger & multi-vitamins). You can safely resume these 72 hours after surgical treatment.
- **Don't** discontinue prescription blood thinning medications (eg. Coumadin, Pradaxa, Eliquis & Plavix) unless directed to do so by Dr. Lowen or your physician.
- **Eat nutritious food and stock up** on liquids and soft foods (see our Post Surgical Diet Recommendations form for more information).



- **Fill your prescriptions** (which may include one or more of the following: pain medication, antibiotics, oral sedative and mouthwash).
- **Clear your schedule** including work arrangements (time off recommendations vary by procedure).
- **Arrange a lift** with a responsible adult if you are taking an oral sedative (they must accompany you to the office and drive you home. You can't take a ride share or taxi).
- **Make payment** - it's due prior to service, so be sure to arrive 10 minutes early or pay in advance.



#### 48 hours prior to treatment:

- Stop consumption of alcohol and/or recreational drugs. These can have an adverse effect on the medications that we use.
- If you have an illness (eg. cold, sore throat, stomach/bowel problems), please notify our office.
- If you need to cancel your surgery appointment for any reason, a minimum of 48 hours' notice is required (1 week advance notice is preferred – and appreciated).

#### 24 hours prior to treatment:

- Stop smoking cigarettes at least 24 hours prior to surgery.
- Take your oral sedative in the evening if this was prescribed.
- Relax! You'll be done with treatment before you know it, and on your way to recovery soon.



#### On the day of treatment:

- Take your regular medications (eg. blood pressure medications) prescribed by your physician on your normal schedule.
- Eat a light breakfast 1-2 hours before your appointment.
- Don't drink coffee.
- Wear comfortable clothes/shoes.
- Avoid lipstick & ensure facial hair around the mouth is trimmed.
- Plan to rest for the remainder of the surgery day!

#### **\*Lowen Perio hot tip\***

You may bring headphones to listen to music or a podcast. We have blankets and pillows for your comfort.

**Call or email our office with any questions prior to treatment at 503 620 1117 or info@lowenperio.com**