

Millennium  
Periodontics

**Millennium Periodontics**

25 Walton Street • Saratoga Springs, NY 12866

P: 518-314-1885 • F: 518-430-2007

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Neda Azadivatan-Le, DDS

**MEDICATIONS to AVOID PRIOR to YOUR ORAL SURGERY**

Before undergoing oral surgery, it is important to understand any drug interactions or contraindications to treatment.

Dr. Neda has compiled a list of common medications and supplements that should be **avoided 3-5 days** prior to surgery. Please **avoid alcohol for at least 3 days** prior to surgery, 5-7 days is preferable for daily drinkers. Only **Tylenol** should be taken for pain prior to surgery.

**Common Herbal Supplements to Avoid:**

<b>Garlic</b>
<b>Ginseng</b>
<b>Ginkgo biloba</b>
<b>Fish oil</b>
<b>Vitamin E</b>

**Antidepressants to avoid:**

<b>Aspirin</b>	<b>Adalpin</b>	<b>Amitiptyline</b>	<b>Atmoxapine</b>	<b>Anafranil</b>	<b>Asendin</b>
<b>Ibuprofen</b>	<b>Aventyl</b>	<b>Clomipramine</b>	<b>Desipramine</b>	<b>Doxepin</b>	<b>Elavil</b>
<b>Naproxen</b>	<b>Endep</b>	<b>Etafon Products</b>	<b>Imipramine</b>	<b>Janimine</b>	<b>Limbitrol</b>
<b>Celebrex</b>	<b>Ludiomil</b>	<b>Maprotiline</b>	<b>Norpramine</b>	<b>Nortriptyline</b>	<b>Pamelor</b>
<b>Zorvolex</b>	<b>Pertofrane</b>	<b>Protiptyline</b>	<b>Sinequan</b>	<b>Sunnontil</b>	<b>Tofranil</b>
<b>Indocin</b>	<b>Triavil</b>	<b>Trimipramine</b>	<b>Vivactil</b>	<b>Diet Pills of any kind</b>	

**Blood Thinners: What You Should Know:**

If you currently take a blood thinner, such as Coumadin, Eliquis, or Xarelto, inform Dr. Neda immediately. She will consult with your general practitioner or cardiologist to determine what should be done. You may or may not be taken off of your blood thinners for a few days prior to your surgery. However, because each patient is different, you will need to obtain recommendations for your specific situation.

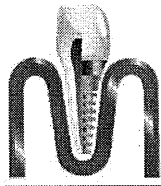
**Bisphosphonates: What You Should Know:**

If you are currently taking a bisphosphonate for osteoporosis, consult with Dr. Neda prior to your surgery to receive his recommendation. These medications include Actonel, Aclasta, Zometa, Boniva, Fosamax, Skelid, Reclast, Didronel, and more.

**An Important Reminder:**

As mentioned above, do not discontinue any prescription medications without your doctor's knowledge. The information presented here is designed as a guide for your initial consultation with Dr. Neda. When discussing your medical history, be sure to mention any and all medications you are currently taking. Being informed, knowledgeable, and prepared will help you have a comfortable experience.

Contact Precision Periodontics and Endodontics If you have further questions about preparing for your surgery, contact a team member at our practice today. You can reach us online, or by emailing [millenniumperio12866@gmail.com](mailto:millenniumperio12866@gmail.com).



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## FOOD SUGGESTIONS

**Here are some soft food suggestions you should prepare yourself for after having oral surgery (osseous surgery, extractions, crown lengthening, implants, etc...)**

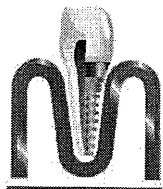
- Blended Soups
- Broths. Like soups, broths are an excellent source of nourishment after dental **surgery**.
- Greek Yogurt
- Mashed Potatoes
- Scrambled Eggs
- Applesauce
- Mashed Bananas
- Ice Cream
- Smoothies
- Soft fish
- Softly cooked pasta

**Here are some liquid diet suggestions you should prepare yourself for after having LANAP or Tissue Grafts:**

**Please remember we suggest that in the following you refrain from seeds, pulp, or pieces of fruit contents.**

- Clear Broths
- Milk
- Jello
- Pudding
- Milk Shakes (chocolate or vanilla )
- Greek Yogurt (chocolate or vanilla )
- Ensure, Isagenix, Boost or other protein Shakes

Please call the office or email (preferred )[precperiosteph\(5\)gmail.com](mailto:precperiosteph(5)gmail.com) if you have any questions regarding the foods you can eat. We LOVE suggestions, if you have anything to add call 518-314-1885.



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## INSTRUCTIONS: *Following Oral Surgery*

- For Extraction and Implant sites: Bite on gauze for half an hour then change gauze every half hour for an hour and a half.
- Keep fingers and tongue away from the operated area. No hot liquids such as soup, tea or coffee in the first 24 hours. No carbonated liquids (coke, sprite or any soft drinks). **DO NOT DRINK THROUGH A STRAW**
- Do not rinse your mouth for the first 24 hours, although it is permissible to drink room temperature or lukewarm liquids. **Smoking should be avoided for 24-48 hours.**
- **DO NOT BRUSH** the surgical area for 7 days, or until we see you for your post-operative visit.
- **Starting tomorrow**, rinse your mouth frequently with Perioguard/Chlorhexidine (prescribed by the Doctor) Continue the rinses for 10 days.
- If you have any discomfort, take whatever you normally take for a headache every few hours. If necessary, the Doctor will prescribe stronger medication for you, usually 800mg Motrin. If **given an antibiotic** please take the antibiotic until it is finished, **not everyone is given an antibiotic.**
- Cold or lukewarm liquids may be taken for the first 4 - 6 hours. After this, any soft food is permissible. **For Tissue Graft and LANAP** procedures, plan to be on a liquid diet for three days. No hot liquids such as soup, tea or coffee in the first 24 hours. No carbonated liquids (coke, sprite or any soft drinks). **DO NOT DRINK THROUGH A STRAW.**
- It is normal for saliva to streak with blood for the day. If any heavy bleeding is present, fold the gauze and place it directly on the bleeding area. Maintain firm pressure by biting for 20 minutes. The gauze may be substituted by a wet tea bag. The acids in the tea have a clotting effect.
- Swelling and discoloration is to be expected, usually reaching its maximum two days after surgery. It will disappear gradually and is not cause for concern. If desired, ice packs may be applied for the first 4-6 hours only. Alternating 20 minutes on and then 20 minutes off.
- If sutures (stitches) are required, they will typically dissolve in a week's time. You will need to be evaluated by our office in approximately five to seven days following surgery. An appointment will be made for you.
- Do not hesitate to call the office if you have any questions **518-314-1885.**

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Signature

Print

Date