



SURGICAL PRE-OP INSTRUCTIONS

NAVNEET ARORA , DDS, MPH

Practice limited to Periodontics and Implantology



- 1- Please eat a nutritious meal just prior to your surgery since it will be several hours before you'll be able to eat again.
2. Plan for soft, nutritious, non-spicy and non-acidic meals for the next week.
3. AVOID smoking or chewing tobacco products at least 7-10 days after treatment.
4. Avoid all alcohol for twelve hours before surgery or while taking any post operative medications.
5. A local anesthetic will be used during surgery; however, should you desire a mild sedative prior to surgery to calm anxiety, we can provide Valium or Xanax to be taken one hour before your treatment. If a sedative is taken, you must have a ride to and from our office.
6. If you are taking any medications/drugs other than what we have prescribed, PLEASE LET US KNOW
7. After your appointment, if instructed, use an ice pack for 15 minutes with a 10 minute rest for 3 or 4 hours or until bed time.
8. We will call prescriptions in at your preoperative appointment, so that you have your medications prior to your surgery appointment.
9. We recommend that limiting any physical activity for 24-48 hours following treatment unless otherwise specified by Dr Arora
10. We recommend that you DO NOT TAKE ASPIRIN before surgery because it increases bleeding during the procedure.
11. STOP TAKING ANY OF THE FOLLOWING 5 DAYS BEFORE PROCEDURE: ASPIRIN, IBUPROFEN, ALEVE, GINKGO, FISH OIL, OR [VITAMIN E (by itself)]

We believe this information will help contribute to a successful recovery. Everything is being done to assure that you will have the finest possible outcome from therapy. If you have any additional questions, please call us if you need any more help with your question regarding your treatment at **Grass Valley Office 530-273-3312 or Roseville Office 916-771-4872**