

M UELLER Implants & Periodontics

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PRE-TREATMENT INSTRUCTIONS

At Mueller Implants and Periodontics your comfort and proper healing are of premier importance. While we perform each procedure to the utmost perfection, much of the success we see depends on your diligent care during the healing period. Each procedure may come with a unique set of instructions to properly care for the areas. Should you have individual or specific questions please do not hesitate to contact our doctors or our competent support staff.

- **WORK** - If you work, inform your employer of the date you are scheduled for surgery and that you will likely not return to work that day. Anticipate going directly home and resting for the remainder of the day. A return to work is generally anticipated the day after the procedure and in a "light" capacity for one to two additional days.
- **PRESCRIPTION MEDICATIONS** - Take all necessary prescription medications as directed by your physician or by Mueller Implants and Periodontics (e.g., blood pressure medication, oral sedatives, antibiotics, steroid medications, pain medication, etc).
- **BLEEDING RISKS and ASPIRIN/ANTICOAGULATION THERAPY** - Do not take aspirin for one week prior to your surgery. If you are under medical instructions for aspirin therapy or other anticoagulation therapy (e.g., Coumadin or Warfarin), a medical consultation and testing (e.g., INR) will be required prior to anticipated procedures to ensure your blood levels are safe for treatment in our office. Over the counter supplements (e.g., Vitamin-E, Fish-Oil, Garlic, etc), may also cause increased bleeding risks and should be discontinued approximately one week prior to anticipated procedures.
- **PERSONAL HYGIENE** - To limit the risks of unnecessary bacterial transfer to the oral cavity, MEN should ideally be cleanly shaven and WOMEN should not wear makeup products. Additionally, our office staff may take further measures by wiping your face with an antiseptic product prior to procedures.
- **DIET** - Eat a light breakfast such as milk and cereal with fruit or an egg with toast; do not over eat. If you are scheduled for treatment after lunch, a light lunch is appropriate. Please do not drink more than one cup of coffee, tea, fruit drink, or large amounts of water. Additional instructions will apply for patients anticipating IV conscious sedation.
- **SMOKING** - Smoking should be discontinued 2 weeks prior to and 6 weeks after anticipated procedures.
- **OTHER** - Our office has an iPod music player available for your convenience. If you prefer your own music selection, you may consider bringing your own iPod or music player.
- **CONSCIOUS SEDATION** – Should additional sedation or anti-anxiety measures (e.g., oral sedation or intra-venous conscious sedation) be utilized to help relieve anxiety and/or apprehension, it is important to adhere to additional instructions for those medications: **For conscious sedation procedures**, it is important to give a detailed medical and drug history, as well as to arrange for an appropriate adult escort to drive you to and from treatment visit. **When utilizing oral conscious sedation** (e.g., Lorazepam/Ativan, Triazolam/Halcion) a prescription will be provided for you prior to the appointment date, with the intent of taking the medication the night prior to the appointment as well as prior to the treatment. Depending upon the patient, the intent is typically to take one tablet the night before the appointment, as well as one-two tablets one hour prior to the appointment. If you have any questions regarding medication usage, please do not hesitate to ask prior to taking the medication.
As a patient electing oral sedation, you should understand that sedatives may cause drowsiness, time constriction, motor incoordination, and fatigue. It is important to know that patients will likely be under the influence of sedation effects for approximately 8-10 hours, and must agree to stay home under the supervision of an adult. Additionally, it is expected that patients will not attempt to drive, supervise or care for children, or perform activities requiring significant coordination or personal judgment. Patients must understand that they can NOT have any alcohol, tranquilizers, or other sedatives the day of treatment.



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