

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 iPad music player available for your convenience. If you prefer your own music selection, you may bring your own 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.

POST- SURGERY FOOD SUGGESTIONS

- Hearty soups (any creamed soups, lentil, minestrone, split pea)
- Juices (cranberry, apple, grape). avoid citrus juices for a few days
- Tea and coffee
- Jell-O
- Yogurt (soft or frozen)
- Cottage cheese
- Pudding/Custard
- Soft fruits (banana, papaya, canned peaches or pears – nothing with seeds)
- Applesauce
- Baby foods
- Popsicles
- Ice cream and milkshakes (do not use a straw)
- Fresh cooked vegetables
- Canned vegetables
- Fruit smoothies/protein shakes – (no ingredients with seeds, do not use a straw)
- Protein shakes – such as “Ensure” “Boost” (do not use a straw)
- Oatmeal/cream of wheat
- Eggs (scrambled, soft boiled, egg salad)
- Mashed Potatoes
- Rice, Risotto
- Tofu
- Beans
- Pasta (plain or with sauce)
- Fish (soft white fish, sole, trout)
- Chicken (soft, skinless)
- Ground meats such as beef, turkey, chicken

Please **AVOID** the following foods for the first two weeks following surgery:

Foods that are difficult to chew:

- Popcorn, pretzels, potato chips, tortilla chips, nuts, granola
- Crusty breads, bagels, cookies
- Alcoholic beverages
- Anything with seeds (i.e.; strawberries, blueberries, raspberries, chia)

POST-TREATMENT INSTRUCTIONS

The following are general guidelines aimed to maximize success of procedures. Should you have ANY questions during your healing and recovery please do not hesitate to contact our office. No question is too small to warrant further explanation. Please note, not all information may be relevant to your procedure, refer to highlighted areas for further clarification.

ORAL CONSCIOUS SEDATION – Commonly prescribed anti-anxiety medications ‘oral sedatives’ include the use of **Ativan** (Lorazepam) and **Halcion** (Triazolam). These medications are typically prescribed with the intention to take one pill the night prior to the appointment, and one-two pills 1-hour prior to your scheduled treatment. *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 drive, supervise or care for children, or perform activities requiring significant coordination or personal judgment. Certain medications can have an adverse effect when combined with oral sedatives. **Patients MUST NOT have any alcohol, tranquilizers, narcotic pain medications, or other sedatives the day of treatment.** This includes any prescribed narcotics (if provided) from Mueller Implants and Periodontics. **Acceptable alternatives for discomfort are over the counter (OTC) medications like Tylenol, Aleve, Naproxen, Aspirin; or ask your pharmacist or call us for other non-prescribed pain medications options. Failure to adhere to these recommendations could result in Central Nervous System Depression, difficulty breathing, organ failure and even death.**

DISCOMFORT and MEDICATIONS - Periodontal and oral surgery, much like other surgical procedures, may be associated with varying degrees of discomfort. This is highly dependent upon the procedure performed as well as individual patient pain tolerance. If pain medications have been prescribed, it is ideal to take the first dose while the areas are still anesthetized (*NUMB*). All medications should be taken strictly as prescribed - some medications are intended to begin the day prior to or the day of anticipated procedures. The time interval between taking the medications and the total length of time are to remain on your medication has been carefully determined to give you the maximum benefit with the minimum use of drugs. Variation from the prescribed regimen may have a serious detrimental effect on the success of your surgery.

Non-Narcotic Pain Medications: Often times non-narcotic anti-inflammatory medications are prescribed to manage inflammation, provide pain relief, and ensure proper healing. It is intended that these non-steroidal anti-inflammatory medications (NSAIDs) be taken routinely for the first several days regardless of discomfort to manage the inflammation; it is often easier to “keep up with discomfort” than to “catch up with discomfort.” Examples of NSAIDs include **Ibuprofen, Celebrex, Aleve/Naproxen, Meloxicam, and Motrin**. Certain patients cannot take NSAIDs and alternative medications must be used, and include **Tylenol** also known as **Acetaminophen**. ***DO NOT EXCEED 4,000mg of ACETAMINOPHEN in a 24 hour period***

Narcotic Pain Medications: Narcotic pain medications may be prescribed to manage certain levels of discomfort. They are not required to be taken, and should be used with caution. They can be used during the day, but are often utilized more frequently in the evening time. You should understand that narcotic pain medications may cause drowsiness, time constriction, motor incoordination, and fatigue, as well as side effects such as nausea, constipation, and vomiting. Examples of commonly prescribed narcotic pain medications include **Tylenol #3 [with Codeine], Norco, Oxycodone, Hydrocodone, Percocet, and Tramadol**.

Antibiotics: Many treatments involve prescription of antibiotics to allow for proper healing due to the nature of the treatment, a patient’s medical status, or the use of bone grafting or regenerative materials. Examples of commonly used antibiotics include **Amoxicillin, Amoxicillin + Clavulanic Acid (Augmentin), Penicillin, Ciprofloxacin, Azithromycin (Zithromax), Cephalexin, Metronidazole, Levaquin and Clindamycin**. The use of a **probiotic** (e.g., “**Acidophilus**,” **Align®**, **Trubiotics®**, **Culturelle®**), taken in conjunction with an antibiotic may be helpful to minimize the potential for stomach and gastrointestinal disturbances commonly associated with the use of antibiotic medications, including diarrhea; please inquire with your pharmacist for a specific recommendation of a probiotic.

BLEEDING - You may notice slight bleeding, oozing or *weeping* from surgical sites. This can last for 1-2 days following treatment and is generally normal and is not typically of major concern. If you observe obvious blood flow or the formation of a large blood clot, notify our office immediately. **Soft tissue grafting** – if you begin to experience active bleeding from the palatal donor site. Contact our office using the emergency / afterhour’s option and use finger pressure against stent / palatal shield for 10-15 minutes with paper towels or a tea bag, do not remove shield again for 24 hours.

SUTURES – Sutures / ‘stitches’ are placed to hold the gum tissue in the proper position for ideal healing. Sutures may be dissolvable or non-dissolvable and can extend past the treated area. This is to ensure proper blood flow and primary closure is achieved. Dissolvable sutures may break or come out 2-14 days post treatment. Non-dissolvable sutures will need to be removed in approximately 2 weeks from surgery. Sutures may come loose or break due to swelling, which may or may not be of concern. If sutures become bothersome or irritating please contact our office for a suture trim appointment.

DO NOT disturb areas around sutures, as this will likely impair healing and may result in failure of the procedure.

POCKET REDUCTION THERAPY / OSSEOUS SURGERY / CROWN LENGTHENING – Instead of gauze, a periodontal dressing/bandage resembling **beige bubble gum** called **COE PAK** can be used to cover surgical areas after oral surgery. The dressing is intended to protect the surgical area and should not be disturbed. If it becomes loose or is causing discomfort, it can be removed without concern. *There is no set length of time the dressing needs to stay in place* and should it *wiggle* or cause discomfort it can be removed, thrown away and not replaced. It is recommended to allow the dressing to stay in place and let it come loose naturally.

SOFT TISSUE GRAFTING / STENT / SHIELD – Soft tissue was borrowed from the roof the mouth during treatment. A removable shield has been fabricated to cover and protect this area during healing. Typically 2 shields are made, either **bright pink or clear/plastic** in appearance. The shield that was placed immediately following your treatment is to remain on the roof of the mouth for the first 24 hours without removal; following the first 24 hours it can then be removed to clean, ideally one of the shields should be worn until your follow-up appointment; especially when eating, drinking or sleeping. Either shield can be worn during the healing period, as two styles have been provided for your convenience. ***Please keep these shields as they can be used for future treatments if needed.** **GINGIVAL GRAFTING** – The grafted site will look like a ‘stamp’ of tissue sutured into place and will go through several changes throughout the healing period. It may look like the top layer is turning white or may look ‘dead’, gross etc. Don’t touch or remove, this is typical and is analogous to a ‘scab’. Keep area clean with anti-microbial solution and avoid pulling lip away to look at area. **CONNECTIVE TISSUE GRAFTING** – You will not see the tissue as it is tucked under your existing tissue and sutured into place. Expect the site to swell, see below for additional info. RE swelling, bruising etc.

ESSIX/Tooth Replacement Retainer – You may have been provided a clear ‘Invisalign’ style appliance with material added in, that will act as the ‘tooth replacement’ throughout your healing period. Once gauze is removed following surgery, you can wear this at any time. The essix should be removed when eating and sleeping. [This differs from the above-mentioned palatal shield, if you had soft tissue grafting please see above] To clean, simply gently brush with warm water to remove food particles/ debris. If appliance becomes lost or broken please contact our office and we would happily replace your appliance.

DIET - For your comfort and to protect the surgeries that are performed, a soft diet is recommended. Depending on the procedure, a blended or liquid-ish diet may be ideal for the first two weeks. Such foods should be soft but also high in nutrition and protein concentration. Examples include; yogurt, blended/pureed soups, eggs, casseroles, well cooked vegetables, cottage cheese, Ensure Drinks or protein shakes. Additionally, probiotic rich foods are encouraged to replenish and restore gut bacteria post operatively. Examples include; kimchi, kombucha, keifer, tempeh, and cheese. Avoid chewing in the areas treated. Avoid hard, fibrous, or sharp foods (e.g., chips or toast), nuts and seeds.

ORAL HYGIENE - The treated surgical area should not be disturbed for the first 2 weeks post-surgically.

An anti-microbial oral solution is always prescribed, that is intended for use in the areas treated.

BEGIN USING 24 HOURS AFTER TREATMENT. *StellaLife – no need to begin 3 days prior unless you wish to*

Chlorhexidine (Peridex or PerioGard): Do not rinse. This antimicrobial liquid is intended to be gently swabbed 2-3x daily with a soaked Q-Tip or ultra-suave toothbrush, depending on the procedure. This oral mouth solution may cause temporary tooth staining, calculus accumulation, and temporary change in taste sensation while using the solution.

StellaLife: Apply ‘rinse’ with a soaked Q-Tip or ultra-suave brush to surgical site, 2-3 times daily. If you purchased the ‘Recovery Kit’; apply topical gel to surgical site with q-tip after applying rinse, finish with sublingual spray under the tongue. These products can safely be rinsed without risk of staining. These antimicrobial, homeopathic products are formulated specifically for postsurgical treatment, but can safely be used long term for dry mouth, canker sores and more. **IMPLANT TREATMENT** – You will use the anti-microbial solution on your Implant for 12+ weeks. Do not discontinue until directed. **Warm salt water rinses** (1/8 teaspoon salt to 8 ounces water) may be of benefit to help soothe tissues. To allow for proper healing, it is best to avoid pulling lips or cheeks away to look at areas treated. If you have concerns about your healing, please call the office @ 541-757-8330. **DO NOT perform normal hygiene in the area treated; including brushing, flossing, or irrigation devices ie. Waterpiks.** Resume normal hygiene in all other areas beginning the day after treatment.

PHYSICAL ACTIVITY – “Strenuous” activity should be avoided during your immediate recovery period, usually 2-3 days.

BRUISING & SWELLING - Swelling of surgical sites is not unusual and may occur after surgery. Ice packs applied [in 15-20 min intervals] to the outer cheek may be beneficial to minimize swelling in the first 1-2 days following treatment. While sleeping it may be beneficial to keep your head elevated on two pillows. Depending on the patient and the procedure, bruising may result in the first 1-2 weeks following treatment, a result of considerable inflammation and healing in the area. Bruising can range in color from bluish/purple to yellow/green or brown and can travel up to the eyes or down the face to the chin/neck and sometimes chest area. No matter how ‘gentle’ the procedure may seem, bruising can happen and can last 1-3 weeks post operatively.

SMOKING & ALCOHOL - Following any surgical procedure smoking and alcohol use can significantly diminish success, and may lead to failure of procedures as well as an increased risk for infection. Smoking should be discontinued 2 weeks prior to and 6-8 weeks following surgical procedures to ensure proper healing. Alcohol intake should be lessened or discontinued 48 hours prior to and after surgical procedures until sutures (“oral stitches”) have been removed, and should ideally be minimized for the next several weeks following suture removal to ensure proper healing.

*For the first one day (24 hours) following a procedure, **DO NOT rinse, spit, or suck through a straw.***



2601 NW Rolling Green Dr., Corvallis, OR 97330 • Tel 541 757-8330 • Fax 541 757-0238

