

**Robert T. MacAlpine, D.D.S., P.A.**  
Periodontics and Implant Dentistry

## **Pre-Surgical Instructions**

1. **Avoid any aspirin** or aspirin-containing medications (such as Anacin, Ascriptin, Bufferin, Ecotrin, Empirin, etc.) for at least 7 days prior to surgery. Aspirin reduces the clotting ability of the red blood cells.
2. **Avoid the following herbal medications** for one week prior to your appointment: Ephedra, Garlic, Ginkgo, Ginseng, Kava, Echinacea, St. John's Wort, and Valerian.
3. **Eat a good meal.** Keep on your normal meal schedule. If your periodontal surgery is scheduled in the morning, eat a good breakfast.
4. **If you are a diabetic**, stay on your normal routine of meals and blood sugar medication (i.e. insulin, etc.).
5. **If you are on Coumadin**, you may need to stop your medication 3 days prior to the surgery appointment and resume taking your medication the following day. Prior to any periodontal treatment, our office will contact your physician for specific recommendations regarding your Coumadin dose management.
6. **Regarding dental treatment anxiety**, we are pleased to offer oral sedation to reduce your anxiety and stress. If you choose to have pre-treatment sedation, please arrange for a designated driver to bring you to our office for your appointment and to drive you home.

Precautions to follow when using sedative medications:

- a. Prolonged drowsiness can occur.
- b. Avoid activities requiring mental alertness, such as driving, operating machines, etc.,
- c. Avoid any alcoholic beverages.