



James A. Simonds, D.M.D.  
Jay Uemura, D.D.S.  
Periodontics and Implantology  
2213 Mendocino Avenue, Suite A  
Santa Rosa, California 95403  
707.525.0555 / 707.525.0665 FAX

## *Pre-Surgical Instructions*

Although every patient responds differently to periodontal surgery, **you can contribute to the success and comfort** of this unique opportunity by following some simple instructions:

Prior to surgical therapy, a **medical history** is taken. Please note any medical information and medication on the medical history form and **make us aware of any changes in your medical status.**

- I. **Make sure that you are well rested on the day of the procedure.** You want your body to have the greatest advantage while it heals, so we want you to feel your best!
- II. **Please avoid any aspirin or ibuprofen (non-steroidal anti-inflammatory) containing products for one week before surgery.** These medications can thin your blood and prolong bleeding. If your physician requires that you take any of these medications, let's talk about it first so we can consult with the physician.
- III. **Take any standard medication that your physician requires unless otherwise directed.** It is okay to take your regular vitamins, however, no additional Vitamin E, or K. **Do not take any over the counter herbal remedies, as these are blood thinners.**
- IV. **For surgeries that involve the sinus: (We will inform you if needed)** Dr. Uemura will place you on a regimen of Antibiotics and Nasal Decongestant ("Sudafed" or similar product.) You will start the medications **two days** prior to your surgery appointment. (i.e., If your appointment is on Friday, you will start Wednesday morning.) **We typically suggest the 12-hour, Non-Drowsy formulation** of the Nasal Decongestant. This is an over-the-counter product that can be purchased at any drugstore. The antibiotic is to be taken as directed. You may not need to continue taking the nasal decongestant after surgery, but will need to finish the antibiotic prescription.
- V. **Plan to wear loose, comfortable clothing.**
- VI. **Please avoid consuming alcoholic beverages within 24 hours before and 48 hours after surgery.** Alcohol taxes the liver, which will be the source of many of the healing cells.
- VII. **Maintain a healthy diet prior to surgery.** You needn't have an empty stomach before surgery, so make sure you've eaten a good meal and that you have taken a good amount of fluids. **Avoid drinks containing caffeine prior to surgery. For one week following surgery you will need to eat softer foods,** so you may want to stock the refrigerator with yogurt, soups, cottage cheese etc.
- VIII. **Although it may be quite difficult for some patients to stop, smoking is strongly discouraged both before and after surgery.** The smoke acts as an irritant to the tissues, and the nicotine is an unnecessary stimulant.
- IX. **Plan to have a relaxing healing period.** Please give yourself a few days after surgery to rest and relax. Try to keep your schedule light with little physical activity. Even though you may feel like you're ready for a full schedule of activities, you should refrain from physically or emotionally demanding events. **NO TALKING FOR 48-72 HOURS AFTER SURGERY!**



**James A. Simonds, D.M.D.**  
**Jay Uemura, D.D.S.**  
Periodontics and Implantology  
2213 Mendocino Avenue, Suite A  
Santa Rosa, California 95403  
707.525.0555 / 707.525.0665 FAX

[jsimonds@sonic.net](mailto:jsimonds@sonic.net) [jayperio@yahoo.com](mailto:jayperio@yahoo.com)

**\*\* SUGGESTED SOFT FOODS FOR WEEK FOLLOWING SURGERY\*\***

Please stay hydrated; drink plenty of water!!

**BREAKFAST:**

Canned and/or stewed fruits  
Fresh fruits (melons, bananas or other soft fruits)  
Eggs – any style  
Cereals – hot (oatmeal, cream of wheat, etc)  
- softened cold cereals  
Pancakes with honey or syrup  
Bread – soft whole wheat or white  
Beverages – WARM coffee/tea (**NOT HOT**) milk, juice, Nutriment, Ensure

**NO: Crunchy, Sticky, Chewy,  
or Sharp foods!!! NO Straws!!**

**LUNCH:**

Soup	Canned fruit
Cottage Cheese	Eggs – any style
Yogurt	Meat – ground meat, salmon, tuna
Cheese – any soft type	Bread – soft whole wheat or white

**DINNER:**

**Appetizer:**

Soup  
Canned fruit  
Chopped liver/Pate  
Juice

**Salad:**

Cottage cheese  
Jell-O  
Yogurt

**ENTRÉE:**

Chopped meat, chicken, fish, pasta, soufflé

Cooked vegetables: asparagus, carrots, baked beans, broccoli, cabbage, celery, onions, spinach, and peas, squash (any soft vegetables)

**Starches:**

Potatoes, baked or mashed  
Rice  
Breads – soft whole wheat or white, soft dinner rolls

**Desserts:**

Cooked apples (stewed or baked), soft cake, ice cream, soft fresh fruits, canned fruit cup, pudding, sherbet, custard

Beverages: WARM coffee/tea (NOT HOT), milk, Nutriment, Ensure

**\*Carnation instant breakfast may be used as a meal substitute\***

**THINGS TO AVOID: POPCORN, CORN CHIPS, FRENCH BREAD, CHEWING STEAK, NUTS, HOT DRINKS**