

2 E. Lee Street
Baltimore, MD 21202
410-727-6190



INSTRUCTIONS PRIOR TO SURGERY

1. Please alert the office if you are on any blood thinning medications such as: Coumadin, warfarin, Plavix, Xarelto, Pradaxa or Eliquis. Also, notify us of any changes in medications and your healthy history prior to the appointment. Avoid taking Aspirin one week prior to surgery other than a daily prescribed 81 mg.
2. You may bring headphones and music to listen to during the surgery.
3. Please take prescribed medications as directed.
4. Please bring all appliances such as: retainers, partial dentures, full denture and night guards to your surgical appointment.
5. If you need to cancel or reschedule this appointment for any reason please do so at least 7 days prior to the surgery. Otherwise a charge of at least \$250 will be made for the time and materials reserved.

GENERAL INSTRUCTIONS FOLLOWING PERIODONTAL SURGERY

1. After the anesthetic wears off, you may experience some discomfort from the procedure. It is important to take the prescribed medication as directed. Please do not wait until you are experiencing severe discomfort before taking your pain medication. **PAIN MEDICATIONS ARE MOST TOLERABLE WHEN TAKEN WITH FOOD. DO NOT TAKE ASPIRIN.**
2. You **may** have material around your teeth that acts as a periodontal dressing. It is there to protect the surgical area during initial healing. Should you lose the dressing at any time before you come back to see us, please call the office. If you lose the dressing at night, please call the next morning as it is not an emergency. Do not brush or floss the surgical site until you are instructed to do so at your post-operative visit. **YOU SHOULD AVOID ALL HOT LIQUIDS AND EXCESSIVE CHEWING FOR THE NEXT 1-2 HOURS**, so that the dressing can set properly. A mouth wash **may** be prescribed to cleanse the area. If no mouth wash is given you may **gently** rinse the area with **water only**.
3. You may notice blood in your saliva; this is not unusual. But, if there is considerable bleeding, rinse with cold water and identify where the bleeding is coming from. Then, take a piece of gauze or a tea bag and form it into a "U" shape, hold it between the thumb and index finger, wet it, squeeze out the excess water and apply it to both sides of the affected area under pressure (bite down on it) for 30 minutes. If the bleeding still persists, please contact our office.
4. There may be swelling as a result of the procedure. **TO DECREASE THE SWELLING, APPLY ICE AS FOLLOWS: ON FOR 15 MINUTES, OFF FOR 15 MINUTES, UP TO 24 HOURS.** The ice pack you were given is reusable. If the swelling begins to increase after 48 hours, call the office.
5. You may eat and drink anything you feel comfortable with; however, we recommend a soft diet. **Avoid such foods as potato chips, popcorn, pretzels, seeds, rice, chewing gum, strawberries, blueberries, peanut butter, granola and nuts.** Eat only on the side opposite the surgical site.
6. **PLEASE AVOID STRENUOUS EXERCISES AND OVER-EXERTION** for the next 48 hours because it may cause increased bleeding. If you are experiencing severe pain, increasing swelling or uncontrollable bleeding, please call the office.

After office hours, you can reach **Dr. Lesco** at home **410-560-2151** or cell phone **410-935-4282**.