

**Paul S. Lewis, D.D.S., M.S.**

*Specialist in Periodontics*

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**THINGS TO DO BEFORE YOUR PERIODONTAL SURGERY**

- On the evening before your surgery, go to bed early enough so that you will be well-rested on the day of your surgery.
- Women should put as little make-up as possible on their lips and cheeks.
- Brush your teeth thoroughly shortly before your appointment.
- Stop by the bathroom immediately before your appointment.
- If possible, someone should drive you home after your surgery, especially if it takes more than thirty minutes for you to drive home.
- Make arrangements so that immediately after your surgery you can go home and rest. You must minimize your physical activity as much as possible after your surgery. For example, you should sit in a comfortable chair or lie down on a bed or couch and read, watch TV or sleep for the rest of the day. You should not go back to work until the next day, even if you have a sedentary job. If you do not minimize your physical activity after your surgery you may have healing problems later, such as more swelling and discomfort.
- You will need to eat soft, nutritious food for the first few days after your surgery. This includes things such as soup, stew, yogurt, cooked cereal and pureed food. You should avoid foods that are hard, crunchy or difficult to chew. Before your surgery, purchase soft, nutritious foods that you enjoy eating.
- You should prepare some soft ice packs to use after your surgery to minimize swelling and discomfort. Fill about ten or more Ziplock sandwich bags with:
  - 50 milliliters of rubbing alcohol and 450 milliliters of water
  - (one part rubbing alcohol to nine parts water)Seal each bag after squeezing out the excess air. Place each bag inside a second Ziplock bag to prevent leakage. Place the bags in the freezer for at least 24 hours. The alcohol-water solution in the bags will form a very cold slush that will conform to your face and help to minimize postsurgical swelling and discomfort.
- If you have any questions, please call me anytime at the phone numbers shown above.

It is my goal to provide you with the best periodontal care possible. If there is anything that I or a member of my staff can do to improve any aspect of your periodontal treatment, please let me know.

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