

## PRE-TREATMENT INSTRUCTIONS FOR ENDODONTIC MICRO-SURGERY

*Please follow these guidelines in preparation for your surgical treatment:*

1. Diet: Eat a full breakfast or lunch before your appointment to ensure a normal blood glucose level. Avoid caffeinated drinks, which may increase your heart rate and blood pressure. While there are no food restrictions before your procedure, a soft diet will be recommended for the remainder of the day following your procedure.
2. Medications: Take all routine medications as usual. If you take a daily aspirin, please discuss this with the doctor. You may be advised to stop aspirin 5 days prior to surgery.
3. Antibiotic Prophylaxis: If you require prophylactic antibiotics due to prosthetic heart valve or orthopedic prosthesis (artificial hip, knee, elbow, etc.), please discuss this with the doctor.
4. Escorts: Escorts or drivers are recommended but not required.
5. Attire: Wear comfortable, layered clothing that will keep you warm and facilitate monitoring of your blood pressure (loose sleeves).
6. Post-operative monitoring: Please plan to visit us in 5-7 days to evaluate your healing and have your sutures removed.
7. Recovery/rest period: The day and evening of the procedure should be reserved for your recovery. Weight lifting and heavy aerobic exercise may be resumed on the third day following surgery.
8. Smoking: Smoking is prohibited for 24 hours following surgery.
9. All patients under the age of 18 must be accompanied on each visit by their parent or legal guardian.

*We look forward to being of service to you. If you have any questions, please don't hesitate to call us.*