



DRE ST-HILAIRE, DR ÉTHIER-DA COSTA & ASS.

General instructions before a surgery

In order to optimize the result following the anticipated periodontal surgery, we strongly recommend that you follow these instructions:

- Take a nutritious meal before the surgical appointment.
- If a sedative has been planned, take the sedative medication as prescribed 1 hour before the appointment. It is important to be accompanied and **not to drive**. If no sedative has been planned and you would like to have one, please contact us. If no sedative has been planned, you can drive.
- Make sure you have a bag of frozen peas (or equivalent) in order to apply the cold compresses for the first 24 hours. It is important not to place the ice directly on the skin.
- Plan to have ice cream, yogurt, Jell-O, pudding, fruit juices and meal replacement products like Boost or Ensure at home. They will be needed for the first 24 to 48 hours.
- Plan to rest or do light activities for the first 24-48 hours. Do not plan any physical activity for the following 48 hours after the surgery.
- Avoid putting on makeup for the surgical appointment because we will have to remove it (lipstick).
- It is recommended to be freshly shaved unless you have a long beard.

If you have any questions, feel free to contact us at **514-387-6555**, it would be our pleasure to answer them.