

Before Soft Tissue Grafting

Pre-operative instructions for gum graft surgery. Please review carefully before your appointment.

Please read these instructions carefully before your appointment.

If you have questions, contact your treating office or email info@yantperio.com.

In the Weeks Before Surgery

Be current on your cleanings. Professional cleanings reduce inflammation in your gum tissue, which improves surgical outcomes and recovery. Depending on the status of your gum health, Dr. Yant may require an additional cleaning approximately 2 weeks before surgery to prepare the tissue.

Practice excellent oral hygiene. Brush thoroughly twice a day and use interproximal brushes, floss, or other aids to clean between your teeth. Good oral hygiene before and after surgery gives you the best results. If you have questions about your home care routine, ask your dentist or hygienist.

Stop oral tobacco products. If you use Zyn pouches, dip, chewing tobacco, or any other oral tobacco product, stop using them as far in advance of your surgery as possible. Oral tobacco causes direct irritation to gum tissue and significantly impairs healing. Continuing to use these products after grafting is a leading cause of graft failure.

Stock your kitchen. Purchase soft, protein-rich foods before your appointment. You will need soft foods for 2 weeks after surgery. Good options include Greek yogurt, scrambled eggs, smoothie ingredients, mashed potatoes, soup, protein shakes, applesauce, and cottage cheese.

Update your pharmacy. Ensure your pharmacy information is current at least 1 week before your appointment so we can send post-operative medications in advance.

Stay hydrated. Drink plenty of water in the days leading up to surgery. Avoid alcohol for at least 24 hours before your procedure.

Plan for recovery. Get a good night's sleep. Arrange your schedule to allow for rest afterward. If receiving sedation, arrange for a responsible adult to drive you home.

Medical consult if needed: Please inform Dr. Yant and the office of any blood thinners, bisphosphonate medications (medications affecting bone health), new or existing cancer diagnosis, or any changes to your medical history. Our goal is to provide safe care, and we can only do that with up-to-date information. In some cases, we may need to coordinate with your physician before surgery.

If you take blood thinners (Warfarin, Eliquis, Xarelto, Plavix, aspirin, or others), it is critical that you coordinate with your physician to pause these medications for the appropriate amount of time before surgery. Soft tissue grafting involves taking tissue from the roof of your mouth, and failure to stop blood thinner medications can result in uncontrollable bleeding after the procedure. Please discuss this with both your physician and our office well in advance of your surgery date.

Day of Surgery

Eat before your appointment. Eat a light meal that is easy to digest and low in fat. The stress of surgery can cause low blood sugar, which can lead to adverse events. Good options include cereal, eggs, yogurt, or a turkey sandwich. (See sedation section below for modified eating instructions if you are receiving oral sedation.)

Take all your regular medications. Take all medications as directed by your physician, especially blood pressure medications. Blood pressure above 160/100 will prevent us from performing surgery. If you are on blood thinners, we may coordinate with your physician about temporarily adjusting your medication. We will never tell you to stop a prescribed medication without your doctor's approval.

Pre-operative Ibuprofen: We recommend taking 800mg of Ibuprofen (Advil or Motrin) 1 hour before your procedure. This helps reduce inflammation at the surgical site and improves post-operative pain control. This dosage is appropriate for healthy patients with no kidney issues. If you cannot take Ibuprofen, take 500 to 1000mg of Tylenol (Acetaminophen) 1 hour before your procedure instead.

Wear comfortable clothing. Wear loose, comfortable clothes with short sleeves. Bring a sweatshirt if you tend to get cold. Expect that clothing may get wet or spotted. Keep makeup to a minimum and avoid lipstick or heavy foundation, as these can contaminate gloves and the surgical field.

Arrive relaxed. Allow extra time if you tend to feel anxious. Ask us about oral sedation options ahead of time if anxiety is a concern.

Sedation Options

IV Sedation: If you would prefer IV sedation (deeper sedation where you are largely unaware of the procedure), this can be provided by an outside anesthesia service that works with our office. Dr. Yant's focus during your surgery is entirely on the procedure itself, so a dedicated anesthesia provider manages your sedation separately. If you are interested in IV sedation, let us know at your consultation so we can coordinate scheduling with the anesthesia team.

Oral Sedation: If you would like oral sedation, a medication to help you relax during surgery, you must let us know ahead of time. We will prescribe medication that you will pick up at your pharmacy before the appointment.

Before any sedation medications are prescribed, you must come to the office ahead of time to sign the required consent forms. No medications will be sent to your pharmacy until these forms are signed. Medications are typically sent approximately 2 days before your surgery.

What you will be prescribed: Depending on your age and health history, Dr. Yant will prescribe either Valium (diazepam) or Halcion (triazolam). If you are currently taking any other benzodiazepines, please inform us so we can adjust the dose or type. In that case, we would recommend skipping your normal benzodiazepine and replacing it with the stronger sedative dose we prescribe for that day only.

How to take them: You will be prescribed pills for your sedation. One pill is for the night before surgery to help you sleep. Taking this pill is optional. For the remaining pills, please follow the instructions on the bottle exactly as written. Please arrive 1 hour early to your appointment so we can assess your level of sedation and prepare you for surgery.

DO NOT take more pills than instructed before coming to the office. Follow only what is written on the bottle. Taking extra medication may result in over-sedation.

Eating before sedation: Do not eat for 4 hours before your appointment. Clear liquids are okay during that time, such as water, black coffee, or apple juice. If you have a morning appointment at 8 or 9 AM, it is fine to arrive fasted. If your appointment is at 10 AM or later, eat a light, low-fat breakfast 4 hours before your appointment.

You must have a driver. It is unsafe to drive, or to use Uber, Lyft, or taxis while on sedation medication. We require a responsible adult to drive you to and from the appointment. The driver must stay within a 20-minute radius of the office during your surgery and should stay with you after leaving the office until you are fully alert.

Questions?

If you have questions about preparing for your procedure or need to update your pharmacy or medication information, please contact your treating office or email info@yantperio.com.