

Dr Saeid Malboubi
Periodontist
Diplomate
Call or text# (510)516-0027
Email: californiaimplant@gmail.com

PRE-OPERATIVE INSTRUCTIONS:

1. Any patients under 18 years of age must be accompanied by a parent or guardian at the time of surgery
2. Please wear loose fitting short sleeve shirt and comfortable clothing
3. Please wear flat soled shoes with ankle support like sneakers (no high heels)
4. Please remove contact lenses, all jewelry, and watches before surgery
5. Please do not apply make-up, perfume or cologne on day of surgery
6. Please remove fingernail polish on both index fingers
7. Please brush your teeth and rinse thoroughly before surgery
8. If prescribed medication at consultation, please take as directed prior to appointment. Only use water to take your medication .
9. Please avoid Caffeine, Citrus, and greasy food 8 hours prior to your surgery
10. Please have ice packs available at home after surgery to reduce swelling
11. Please have Over the counter pain medication available for after surgery
12. Alcoholic beverages should be avoided 24 hours before and 7 days after surgery
13. Smoking must be avoided 24 hours before surgery and 72 hours after surgery
14. If you have an illness such as a cold, sore throat, stomach or bowel upset, please notify the office.
15. If you have any artificial prosthesis in your body, please let the office know in advance.
16. One hour prior to your surgery, please take 600 mg ibuprofen or 1 regular dose of any over the counter pain medication that you are not allergic to nor prohibited by other medical practitioner.
17. If you take routine Aspirin and Oral Blood Thinner , please call your primary care physician immediately and ask to authorize to be off medicine for 5 days prior to your surgery date. Written authorization must be brought to your surgery appointment date.
18. If you think you might be pregnant, please inform our office before your appointment.
19. If you take any routine medication , please call and notify our office

Patient name:

Signature: