

Perioscopy Instructions

While we do not anticipate any problems, we want to be proactive and preventative to minimize or eliminate any problems or discomfort.

Pre-Op Instructions

Take (3) 200mg ibuprofen tabs (advil, motrin) or (2) Aleve 1 hr prior to appointment.

If unable to take ibuprofen, take (2) Tylenol 1 hr prior to appt.

Bring headphones to listen to music (or we can provide)

Please be prepared for 90-120 minutes for the appointment.

Communication is important. There is water from the camera and instruments being produced so we will make sure we control the water flow. You will be numb with local anesthetic and if there is any discomfort please let me know so I can make any needed adjustments.

Post-Op Instructions

Take anti-inflammatories as needed every 6 hours for 1 or 2 doses

Salt water rinses to help gum tissues heal. (1 tsp salt to 8oz warm water, 3-4 times per day)

Please avoid all seeds: poppyseeds, sesame seeds, fruit seeds, popcorn kernels, and skins next 7 days

Brush and floss your teeth as directed, there may be some mild discomfort. Use light pressure during healing process.
Next 7 days

Please call 602-840-4100 with any questions or concerns.