

Recommendations Before Surgery

At Monadnock Perio, how we care for our patients and their comfort is our top priority. To ensure this happens for you, here is a list of recommendations and what to expect before and after your surgery:

- 1). Please have a healthy meal prior to your surgery.
- 2). Get plenty of rest before and after surgery.
- 3). Have ibuprofen, acetaminophen, Omega 3, and Vitamin C & D on hand, as these aid with discomfort and healing following surgery.
- 4). **Do not** plan an event, outing or party following 5 days after surgery.
- 5). **No exercise** for at least 24 hours following surgery, however, Dr. Kwon may recommend longer depending on the surgery you've had.
- 6). Have plenty of food with protein on hand. These foods include meats, beans, cottage cheese, eggs and yogurt. Plan on eating well, but allow more time for eating due to healing. Eating a healthy diet results in a quicker and more comfortable healing time.
- 7). If you are taking blood thinners (other than aspirin), or any bone building medications such as bisphosphonates, please be sure Dr. Kwon has been made aware of this prior to your surgery date. Adjustments with your medication may be needed.
- 8). Please have ice packs available. We will provide one but having more at home is a good idea, as this also helps with your comfort and healing.
- 9). If you're apprehensive for your appointment, we offer nitrous oxide and prescription medications if needed. Please call the office to discuss these options so that we can make your appointment as comfortable as possible.

Thank you for choosing Dr. Tae Kwon and Monadnock Perio & Implant Center!