



## Fairfield County Implants & Periodontics, LLC

### PRE-OPERATIVE INSTRUCTIONS

PROCEDURE LENGTH	1 hr    1 ½ hrs    2 hrs    2 ½ hrs    3 hrs    Other: _____ hrs
PRE-APPOINTMENT CARE	<p><b>1 week prior:</b></p> <ul style="list-style-type: none"> <li>○ Abstain from smoking</li> <li>○ If necessary <i>AND</i> cleared by physician, STOP blood thinners (like Coumadin®, Plavix®, aspirin, Vitamin E, omega-3 fatty acids)</li> </ul> <p><b>2 days prior:</b></p> <ul style="list-style-type: none"> <li>○ Begin Arnica. Take 5 pellets 3x/day.</li> </ul> <p><b>1 night prior:</b></p> <ul style="list-style-type: none"> <li>○ <i>Elective</i> - <i>ONLY</i> if anxious, take prescribed sedative like Halcion® (triazolam 0.25 mg)</li> </ul>
DAY OF APPOINTMENT	<p><b>1 hour prior, take:</b></p> <ul style="list-style-type: none"> <li>○ Arnica (5 pellets)</li> <li>○ Antibiotic: <i>Amoxicillin Doxycycline Z-PAK® Clindamycin</i> <i>Other: _____</i></li> <li>○ Ibuprofen 600 mg (Motrin®)</li> <li>○ If prescribed, sedative like Halcion® (triazolam 0.25 mg)</li> </ul>
MANDATORY	<ul style="list-style-type: none"> <li>○ Do not drink liquids immediately prior to appointment, especially those containing caffeine.</li> <li>○ If sedated or plan to use nitrous oxide (laughing gas) we recommend you do not eat 3 hours before appointment</li> <li>○ Take physician-prescribed medications as usual</li> <li>○ Bring the following medications to appointment IF WE PRESCRIBED them to you: Halcion/Triazolam/Ativan</li> <li>○ Wear loose, comfortable clothing</li> <li>○ Do not wear make-up</li> <li>○ Shave facial hair from your chin area if you can</li> <li>○ <b>IF SEDATED, ARRANGE A RIDE</b> to and from the office</li> </ul>

Please contact us anytime if you have any questions or concerns before or after your procedure. If you have any questions after hours, please call the office number (below) and follow the prompts. Thank you.

Dr. Michael Sonick  
(203) 254-2006 (office)  
[mike@sonickdmd.com](mailto:mike@sonickdmd.com)

Dr. "Ray" Rui Ma  
(203) 254-2006 (office)  
[ray@sonickdmd.com](mailto:ray@sonickdmd.com)