

## Financial & Insurance:

Our receptionists and office manager will help you schedule appointments and complete necessary paperwork. They will also answer any billing questions that you may have. We are contracted with most insurance companies, and we will work with you, whether you are insured or not, to provide the best care for the best value.

Should you be diagnosed with treatment services, we will be able to provide you with a detailed plan which will give you an estimate of how much your insurance company may pay for each procedure, as well as the portion you will be expected to pay at the time of service.

Professional care is provided to you, our patient family, and not to an insurance company. The insurance company is responsible only to the patient as a benefit from the individual or employer plan purchase, and the patient is responsible to the doctor. We will assist you every way we can in filing your dental or medical claim and handling insurance questions from our office on your behalf.

**Please see the attached form for our detailed Financial Policy**

## Planning Ahead For the Procedure

After your consultation, you will set your appointment date and time with the treatment coordinator. One of our scheduling coordinators will call you the day before your scheduled procedure to confirm your appointment date and time.

Please notify us if you develop any problems prior to the procedure. This could include a sore throat, nausea, vomiting, diarrhea, cough, congestion, or any other problems that interfere with your scheduled appointment. Also, please bring your removable or fixed appliance with you the day of your procedure.

## Preoperative Instructions

### IV Sedation Patient Instructions

- **Do not eat or drink after midnight** the night before your surgery unless told otherwise by the treatment coordinator.
- Make arrangements for a ride home and a responsible adult to be with you 4-6 hours after the procedure.
- Do not wear any jewelry or bring valuables of any kind.
- If you wear contact lenses or glasses, bring a case for their safe keeping as you will not be allowed to wear them in surgery.
- Wear loose-fitting, comfortable clothing.

## Oral Sedation Patient Instructions

- Make arrangements for a ride home and a responsible adult to be with you 4-6 hours after the procedure.

## What to Expect Upon Arrival

- The estimated portion discussed in your treatment plan is due the day of your procedure unless prior arrangements have been made.
- You will need to sign the consent forms if they were not previously signed at your consultation.
- You will be asked to be seated in the reception area.
- The surgical assistant will escort you to the operative area. Please notify them if you have had a change in medications or if your health history has changed since your consultation.
- While the patient is in surgery, visitors will be asked to wait in the reception area. Surgery/wait times vary as the doctor will spend the necessary time on each individual patient. There are restrooms, and water bottles are available upon request.
- It is requested by the doctor that while the patient is in surgery, at least one family member remains in the reception area at all times. This provides the doctor an opportunity to consult with family if necessary.

## IV Sedation Patient Instructions

- While you are waiting, you will be seen by the nurse anesthetist in charge of your care. If you have any questions please address them at this time.

## Recovery and Managing Discomfort

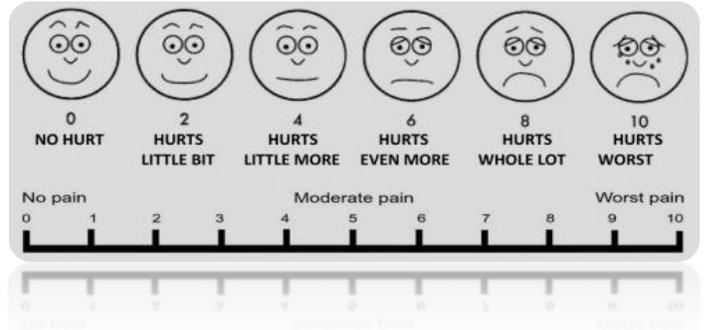
After the procedure, the patient is closely monitored until they are ready to go home.

- It is normal after having surgery for the patient to feel:
  - Discomfort in the area of surgery
  - Drowsiness/dizziness/nausea, depending on if the patient received some sort of anesthesia

When the patient has met the required criteria and is ready to go home, the surgical assistant will provide the patient and family/friend with specific instructions from the doctor to care for the patient while they are recovering at home. These instructions include wound care, management of discomfort, and when to follow up with the doctor.

## Discomfort Management

We make it our goal to help you achieve a quick and comfortable recovery. Using the pain scale each time that you feel that your pain is changing will allow you to rate the effectiveness of the relief methods you are using. It will also help us to understand what relief methods are necessary.



- Your doctor will provide you with a prescription to help control the discomfort you may feel while at home. Take this medication only as directed.
- Take the pain medication before the pain becomes too intense, as it could take up to an hour before you start to feel the effects.
- Ice packs may also be used to alleviate some of the swelling you experience.
- Discomfort will fluctuate during physical activity and eating.

## After the Procedure

After the procedure, the surgical assistant will encourage the patient to start eating/drinking slowly and will go over any diet restrictions that may apply. If you experience any difficulty after the procedure, please call the doctor at the number provided to you.

## IV Sedation Patient Instructions

- Post-operative instructions will be discussed with the patient's family/friend who escorts them during the procedure.
- Once the patient is ready to leave, the family/friend of the patient will be asked to pull their vehicle to the front doors. The patient will be wheeled to the care via wheel chair or may walk if the surgical assistant and patient feel comfortable.

- For the first 4-6 hours after the procedure, it is important that the patient has someone with them. Moving around the home may require some assistance/supervision dependent on the procedure that was performed and how the patient is recovering.

## Soft Food Ideas

### Do's:

- Drink plenty of water to ensure healing, faster recovery and to metabolize sedative drugs faster
- Take your medicine along with food and consume only lukewarm food or drink for the first 24 hours
- Contact your doctor directly if a problem or concern arises

### Do Not's:

- Don't SMOKE
- Don't DRINK ALCOHOL
- Don't DRINK SODA
- Don't eat anything spicy
- Don't eat anything chewy
- Don't eat nuts/popcorn-like items

### Meal/Breakfast Ideas:

Milk  
 Fruit Juices  
 Cream of Wheat  
 Ensure/Boost Drinks  
 Carnation  
 Oatmeal  
 Scrambled Eggs/Omelet  
 Peanut Butter  
 Soft Cooked or pureed vegetables  
 Soufflés, Custard  
 Macaroni and Cheese  
 Mashed Potatoes  
 Boiled Eggs  
 Rice Porridge  
 Bread or Custard Puddings  
 Ripe Avocados  
 Hummus  
 Soft Pancake with Syrup  
 Pasta  
 Soup

### Protein Rich Foods:

Tuna  
 Salads  
 Fish  
 Eggs

### Snack Ideas:

Applesauce  
 Canned Fruits  
 Jell-O, Soft Fruits  
 Yogurt  
 Puddings  
 Ice  
 Cream/Milkshakes  
**(NO STRAWS)**  
 Smoothies **(NO STRAWS)**

For Specific Post Periodontal Treatment Instructions click on one of the following:

-Please offer these two instruction sheets in separate links

## Post-Operative Instructions Following Gingival Grafting Procedure

- 1. Rest:** Relax the rest of the day. If you lie down, keep your head slightly elevated.
- 2. Bleeding:** A little blood in the saliva the first 24 hours is normal. Any excessive bleeding usually comes from the roof of the mouth. If this occurs, apply pressure in the area where the graft tissue was taken (either on top of the plastic stent or remove the stent and apply pressure directly on the roof of the mouth with a damp piece of gauze).
- 3. Swelling:** Expect some swelling to occur. It usually peaks on the fourth day and then gradually disappears. During the first 24 hours, gently apply ice on the outside of the face in the area of the graft, this can greatly reduce the amount of swelling.
- 4. Pain and Medication:** A certain amount of discomfort must be expected. Medication for pain will be prescribed for your comfort. Remember pain is controlled if you stay ahead of it. Taking your pain medication before the anesthetic wears off is helpful and taking the medication as prescribed is very important. **Stagger the prescribed pain medication with 600mg Ibuprofen (Motrin or Advil). You will take both medications as directed-every 6 hours, but stagger them so they overlap. Example: If you**

**take the prescription pain medication at 6:00, take Ibuprofen at 9:0, then prescription pain at 12:00 and so forth. If you choose not to take the prescription pain medication you can stagger Ibuprofen with Extra Strength Tylenol.** If you are prescribed an antibiotic, make sure that the instructions are followed and **ALL** of the antibiotics are taken.

- 5. Diet:** Eating should be avoided for at least an hour following surgery. Drink plenty of fluids and maintain an adequate diet, rich in protein. For the first two days eat soft foods that require no chewing. Creamy soups, cooked cereals, mashed potatoes, scrambled eggs etc. are good examples. After 48 hours, foods that require only light chewing are recommended (pastas, eggs, fish, etc.) Remain on the soft food diet until your post-operative checkup. Extremely hot or spicy foods may cause discomfort and should be avoided. **Avoid anything crunchy, sticky or chewy (popcorn, nuts, granola or any food with seeds)**
- 6. Mouth Care:** Do not brush or floss teeth in the grafted area until given OK at your post op visit. All other teeth in your mouth should be cared for in your usual manner. After 24 hours, begin gently rinsing with Periomed mouthwash as directed.
- 7. Stent:** If you are given a stent wear it for the first 24 hours. You can remove it to rinse if needed then place it back in. It will act as a bandage for your palate. After 24 hours take it out at night, then wear as needed for comfort during the day.

**The graft is very fragile. Do NOT pull your lip to look at the graft or show it to anyone else**

### **Post Implant or Reconstructive Surgery Instructions**

- 1. CARE OF THE MOUTH:** Avoid alcohol and smoking for at least three to five days after surgery. Smoking can adversely affect the course of healing and can alter the course of healing in regenerative types of surgical procedures. Avoid hot liquids for the remainder of the day. Do not rub your face in the surgical area or play with the surgical site with your tongue.
- 2. BRUSHING:** Brushing and rinsing of the mouth can be started the day after surgery. The non-surgical sites of the mouth can be brushed, flossed and cared for in the usual manner. **DO NOT** brush or floss the surgical sites unless specifically advised to do so. Gently rinsing with Perio-med can be started 24 hours after surgery. Use Perio-med two times per day for two weeks. **Do not swish with rinse, gently tip head back and forth to gently move liquid around surgical site.** Warm salt water rinses or diluted mouth rinses are permissible. Typically a half teaspoon of salt in 8oz. of warm water works well. NOTE: If you have high blood pressure do NOT use warm water rinses.
- 3. BLEEDING:** Some bleeding is to be expected. This should be in the form of oozing rather than frank bleeding. There is often an increase in saliva flow after surgery. When the increases saliva mixes with a small amount of blood it can be alarming, but this is quite normal. **NO RINSING OR SPITTING SHOULD BE DONE DURING THE FIRST 24 HOURS AFTER SURGERY** since this can encourage prolonged bleeding. It is not uncommon to note signs of oozing for at least a day after surgery. Applying pressure to the surgical site with a moist gauze for a period for 20-30 minutes (repeated is necessary) is usually sufficient to stop any bleeding. If bleeding is excessive, continuous, or if you are at all concerned, please call us at once.
- 4. SWELLING:** Swelling is normal for post-operative occurrence. This can be minimized with the application of an ice pack to the side of the face next to the surgery area. Ice cubes placed in a zip lock bag, and wrapped with a cloth works well. The use of a wrapped ice pack for periods of 20 minutes, on and off, for 2 hours at a time will help. Try to ice for 1-2 days. On the third day, the application of warmth to the surgical site will help reduce swelling further. A warm water bottle or a heating pad with a moist towel is sufficient. The swelling may last 3-5 days depending upon the nature of the surgery. Along with swelling you may experience discoloration. There is an array of color changes which you may notice. The facial discoloration may last for 5-7 days; possibly longer.

5. **PAIN AND MEDICATION:** A certain amount of discomfort must be expected with all types of surgery. Medication for pain will be prescribed for your comfort. Remember pain is best controlled if you stay ahead of it. Taking your pain medication before the anesthetic wears off is helpful and taking the medication as prescribed is very important. Pain response to surgery is very individual; however, you can minimize any potential problems by resting (reducing your physical activity), and taking medication as prescribed. **You may stagger the prescribed pain medication with 600mg Ibuprofen (Motrin or Advil). You will take both medication as directed- every 6 hours but stagger them so they overlap. Example: If you take the prescription pain medication at 6:00, you would take the ibuprofen at 9:00, and then the prescription pain medication again at 12:00 and so forth as needed. If you chose to not take the prescription pain medication you can take the ibuprofen as directed above only staggered with Acetaminophen (Tylenol) instead of the pain medication.** If you are prescribed an antibiotic, make sure that the instructions are followed and that **ALL** of the antibiotics are taken. This will decrease your risk of any post-surgery complications. You will find that a little food or fluids taken with the medications will aid in alleviating many of the distresses that can accompany taking antibiotics and other medications.
6. **DIET:** Eating should be avoided for at least an hour following surgery. On the day of surgery it is best to restrict your diet to fluids and very soft foods. Example of food which could be considered are: milk shakes, cottage cheese, Jell-O, yogurt, soft boiled eggs, applesauce, mashed potatoes, broth, instant breakfast and the assortment of protein and dietary supplements and drinks. Extremely hot and spicy foods may cause some discomfort and should be avoided. Gradually progress to more solid foods consistent with what you can comfortably manage. **DO NOT SKIP MEALS.** If you eat regularly you'll feel better, gain strength, and heal faster. If you are diabetic, it is essential that you maintain your normal dietary pattern and take your prescribed medication as usual. **NOTE:** Food such as popcorn, nuts, granola, and any food with seeds should be avoided throughout the healing phase. Please do not eat anything crunchy, sticky, or chewy.
7. **SURGICAL DRESSING:** Often a soft surgical dressing is applied over the surgical site. Small pieces of the dressing can break off in the days following surgery and this presents no problem. If however, a large portion should break off or if the dressing feels loose and you are experiencing some discomfort in the area of the lost dressing, please call to have the area evaluated. Swabbing the dressing with a moist cotton applicator, sponge brush or ultra-soft tooth brush is permissible if done gently. The dressing is not critical to surgical success; however, it is placed for your benefit to help protect the surgical site.
8. **SINUS SURGERY:** **DO NOT** blow your nose for 4 weeks. If you feel a sneeze coming on, do not try to hold it in. Leave your mouth open and let the sneeze pass freely through your mouth. When rinsing your mouth, do so in a **VERY GENTLE** manner. Avoid anything which may cause pressure in your sinuses.
9. **DO NOT** brush or floss the surgical sites unless specifically advised to do so. Gently rinsing with Perio-med can be started 24 hours after surgery. Use Perio-med two times per day for two weeks. **Do not swish with rinse, gently tip head back and forth to gently move liquid around surgical site.** Warm salt water rinses or diluted mouth rinses are permissible. Typically a half teaspoon of salt in 8oz. of warm water works well. **NOTE:** If you have high blood pressure do **NOT** use warm water rinses.

Post-operative healing can vary between or upon the complexity of the surgical procedure. Healing requires time. To a significant extent how well and how rapidly you heal depends upon you and your cautious approach to post-operative care.

## Contact Information

**Should an emergency occur after hours, please contact the doctor that conducted your procedure.**

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