

# Your Letterhead

## Potential Service Options.

- Review of Dental History and Phone Consultation
- Radiography 3D Cone Beam Scan
- Oral Examination and Consultation
- Preventive Oral Care and Patient Education
- Non-Sedation General Dentistry
- Sedation General Dentistry
- Non-Sedation Surgery
- Sedation Surgery
- Sleep Study
- Apnea Screening
- Orthopedic/Orthodontic
- Myofunctional Therapy
- Deep Scaling, laser Periodontal Therapy
- Non-Metal Implants
- Referral for heavy metal detoxification

## Pre-Surgical Protocols and Pre-Anesthesia Instructions —Please read and clarify any questions You will be asked to sign and acknowledge that you have read and agree to the following:

In anticipation of dental services requested, It is to your advantage to please provide:

1. A completed new patient packet including medical dental history, any recent (clear and within the past year) radiographs, diagnosis, suspected illness, weakness, difficulty healing and past traumas and/or surgeries.
2. A detailed account of any drugs recently taken or prescribed (especially sleeping drugs, tranquilizers anti-depressants, birth control, cortisone preparations or bisphosphonates..
3. A **detailed** account of any known drug allergies, allergic reactions, chemical sensitivity, latex allergy, or other drug reactions. All (details are vital for your safety and needed prior to your phone consultation and oral examination appointments to estimate time requirements, expedite first available appointment, maximize accurate/effective communications, clarify and understand all information to minimize time/costs). You will be signing all forms in advance

## Your Pre-Surgical Pre-Sedation Preparations Help You:

1. In preparation for your phone consultation, please make a list of all your potential questions in advance and clarify the amount of time you will need for the consultation. **Please specify your needs, limitations and expectations in advance so that all necessary preparations will be available for you.**
2. **Do not take any food or drink for at least 6 hours (and preferably 8 hours) before the sedation surgery/anesthetic appointment** to insure that the stomach, bowels and bladder are empty. If you have an appointment in the morning, do not eat

- or drink after midnight. If you have an afternoon appointment, you may eat an early, small, light breakfast. Drink some electrolytes with your last meal. No alcoholic beverages.
3. The last meal should be light, easily digestible and contain no fats, fried food or milk products.
  4. Arrive 10-15 minutes before your scheduled appointment time to use the restroom, clarify any questions and relax.
  5. Wear comfortable modest clothing with short sleeves to accommodate sedation and monitoring equipment.
  6. Do not wear nail polish or artificial nails. It may interfere with the finger monitor. .
  7. **Make arrangements for a responsible adult to provide both transportation and post-surgical care** following your appointment. Please select someone who understands your needs and is supportive of your choices and will provide positive enthusiastic encouragement to help you with your healing process.
  8. Bring your medical and dental insurance cards. While we do not process insurance, we provide CPT codes etc.
  9. **If you become ill or contract any symptoms such as a sore throat, fever blisters, cold sores, etc., or have any other situation arise that requires rescheduling your appointment, please notify us at least 48 hours in advance as there are others who need appointments and we will make every effort to reschedule you. Any no-show situations will be billed.**
  10. If you have any concerns with incontinence or weak bladder, **please bring a change of clothing** and let the staff know if you need to use the bathroom.
  11. Bring a smoothie or juiced fruit /vegetables or soup to drink after your surgery or we have a meal replacement here for you or some organic chicken broth. **Please carefully read and follow all Post-Surgical Instructions.**

### **Typical Supplement & Medication Recommendations:**

#### **One to Two Weeks Prior To Appointment**

1. Since most patients are referred by medical or dental professionals and travel great distances, we encourage you to contact your local health care professional regarding your medical follow up care and give them our contact information if you would like them to coordinate your care with us. We also have a number of research articles for patient education. Follow the advice of your referring medical practitioner for preparing your body for dental care and/or call this office for any of the typical recommendations that most medical doctors suggest in preparation for your oral surgery.
2. Drink 1 - 2 oz Electrolytes per day (NOT Gator-Ade) (diluted with water or milk – not juice - to taste). Drink them with the last meal before surgery. Baking soda rinse: 1 Tsp in one cup of water at night before bed to help alkalize mouth. Try to avoid all sugars and grains for at least two weeks prior to surgery.
3. Consider: Olive Leaf Extract or any essential oils that are natural antibacterial/anti-infective agents. Frankincense is great for this and it helps lymph flow in oral tissues.
4. Do not take aspirin or aspirin like compounds (Motrin, Bufferin, Nuprin, Aleeve, Ibuprofen, etc.)
5. Do not take oral Vitamin C 24 - 48 HOURS prior to the appointment as it will inactivate anesthetic.
6. Discontinue aspirin and any medications containing aspirin for two weeks prior to your surgical appointment, unless instructed by your physician not to discontinue medications.

7. Discontinue Advil or any other non-steroidal anti-inflammatory medications one week prior to your surgery.
8. Discontinue Vitamin E one day prior to your surgical appointment
9. Inform the office if you are taking any anto-coagulant medications, I.e. Plavix, Coumadin, etc.
10. Take any prescribed antibiotics as directed for heart murmur or mitral valve prolapse. If our office prescribes an antibiotic for your surgical treatment, we ask that you begin taking it the day prior to your surgical appointment.
11. Take all routine medications as directed by your physician and make an appointment follow up with your health care provider.

**Oral Care Recommendations Prior to Dental Services**

1. It is important that the teeth, tongue, gums and entire oral cavity be as clean as possible prior to your appointment to ensure your optimal potential for positive results.
2. If there is plaque or calculus build-up on your teeth, have your teeth cleaned by a dental hygienist.
3. If it is necessary to deep clean your teeth prior to your dental services, we can do it here or refer you to a periodontist. Otherwise it will increase the amount of time required to complete your dental care resulting increased costs and a poorer health outcome.
4. Pay particular attention to your daily oral hygiene at least one to two weeks preceding the appointment. This includes brushing thoroughly 3 or more times per day, flossing thoroughly one or more times per day, perhaps using an electric toothbrush or oral irrigating device, a tongue scraper and rinsing with baking soda. Use an oral anti-microbial rinse that does not contain alcohol or fluoride. I recommend using an ozonated oil on the brush and in between teeth using picks.
5. Make sure to thoroughly cleanse your oral cavity immediately preceding your appointment.

Please provide the name and contact information of your referring health care practitioner who you want Dr. \_\_\_\_\_to confer and work with both prior to and after your dental care. \_\_\_\_\_

Please prepare a list of questions to help your phone and oral exam consultations be more efficient and effective.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

**I understand and agree to the following Post-Anesthesia and Post-Surgical Instructions (Please read, clarify any questions and sign): \_\_\_\_\_ Date: \_\_\_\_\_**

Patients receiving any oral or IV sedation, for a surgical appointment, are advised **to rest for at least 24 hours** after surgery and prior to traveling, particularly by airplane **and must agree to:**

- a. **DESIGNATE AND BRING** a responsible driver to provide for safe transportation and a supportive person to provide post-surgical care; this requirement was in your pre-appointment and pre-surgical information.
- b. **NOT** drive a vehicle or operate any machinery for at least 12 hours after appointment.

- c. **NOT** undertake important business matters and/or decisions for at least 12 hours after appointment.
- d. **NOT** drink any alcohol for 24 hours.
- e. **NOT** smoke for three weeks. Smoking is detrimental to healing tissues and will affect the results of your surgery.

### **Follow Oral Care Recommendations and Post-operative Instructions:**

1. Return for scheduled follow-up appointments (\_\_\_\_\_) Failure to complete dental care in a timely manner and advice may compromise healing and or desired results.
2. Sutures will usually be removed \_\_\_\_\_ days after surgery unless they are resorbable (they dissolve within 15 days). **If you are from out-of-town, a local dentist may remove your sutures. Please coordinate your suture removal with this office before you leave.**
3. Contact and consult with your referring physician or healthcare practitioner for any follow-up care and healing therapy suggestions and feel free to call us. We will call you the evening of your procedure. Please read and follow the additional more detailed **Post-Anesthesia Instructions provided for your care at home for the next couple of weeks and expect a follow-up call from our office for a progress report. We look forward to hearing back from you as you achieve your goals for wellness. Optimizing your potential to heal requires a comprehensive approach!**

### **Oral Care Instructions and Recommendations to Understand Your Healing Potential**

#### **(Add Your particular post-surgical directions here)**

1. **Food/hydration.** Water and other liquids are recommended for the first 24 hours. It is suggested, you bring your favorite soup or protein drink, etc. Try to avoid fruit juices as they do not help you heal. Please do not skip meals, healthy nourishment will help you feel better, gain strength, have less discomfort and heal faster. For the first week after surgery, consume soft foods which do not require tearing or chewing. Always chew slowly and carefully. Do not eat any foods that may damage the tissue or sutures or get trapped in surgical sites, such as; chips, nuts, seeds, sticky foods or gum, etc. Give your mouth, gums and jawbone time to heal.
- 1) **Sleep** with your head slightly elevated. **Do not** lower your head below the level of your heart when bending over.
- 2) **Oral Rinse.** Begin gently swishing with ozonated olive oil. (5 days after surgery you can begin to swish with organic essential oils. Let us know if you want some recommendations.
- 3) **Aloe vera gel (in luer-lock syringe).** Apply to the surgical site every three hours during the day the first week then 3 times per day. Follow written instructions on package.
- 4) **No vigorous exercise,** strenuous activities, heavy lifting, swimming in a pool, etc. which might elevate your heart rate for 7-10 days.
- 5) **Be sure to keep your mouth and tongue clean;** gently and slowly brush and floss your teeth. **Avoid surgery site(s).** **Do NOT** use an electric toothbrush or Water Pik or Hydrogen Peroxide as a rinse during healing.

- 6) The Following Recommendations are Typical Suggestions from Referring Physicians Designed to Enhance your potential for healing -- **Please Seek the Advice of Your Personal Health Care Practitioner.**

### **Nutritional and Supplemental Recommendations – At Least for One to Two Weeks After your Appointment**

1. Daily Drink one half of your body weight in ounces of alkaline water like: Essentia's electrolyte water. If you have any concerns about liver/kidney detoxification, ask your doctor about a mild cleanse such as drinking 2-4 drops of Organic Essential Oils of Lemon and Peppermint and Coconut oil in 8 oz. warm water each morning and evening.
2. Drink an electrolyte drink such as Nooma Organic Electrolyte drink daily.
3. Drink appropriate amount of a whole food supplement or comprehensive vitamin supplementation to help with healing.
4. Avoid any toxic sources such as tobacco, MSG, preservatives, artificial sweeteners, GMO, soy, partially hydrogenated and canola oils. You may want to research information about nutrition and the GAPS diet
5. Drink at least 8 ounces of any whey based whole food meal replacement with organic ingredients, enzymes and probiotics recommended by your referring doctor. Juicing raw fruits and especially vegetables provides easy to drink/digest nutrition.
6. Consume fresh organic vs. packaged foods and raw vs. cooked foods as much as possible (depending on digestion).
7. If you have irregular bowel movements or constipation, you may want to investigate the GAPS Diet.
8. Take the Neo40 test by neogenis.com to determine nitric oxide levels for improved circulation and healing potential. We also have testing strips here, but it is best to test first thing in the morning before you have eaten or drunk anything.
9. Keep a daily wellness journal and document your changes and progress. Rate how you feel overall, pain level, temperature, pulse, hours of uninterrupted sleep each night, etc. Consider researching; Cardiovascular Screening, **Sleep Study** (we offer screening here) and PEMF or laser Therapy. Keep track of questions and please call our office or your medical doctor with any questions, concerns and comments.
10. Lymphatic Exercise Recommendations:
  - i) Various breathing exercises such as: Breathe in deeply and evenly, completely filling the lungs from the bottom up to the count of 5 – hold the breath for the count of 20 (work up to this if you cannot hold it this long at first) – and then exhale completely and evenly from the top of your lungs down to the count of 10. Do this ten times in a row at least 3 times a day for at least one or two weeks following your appointment. When you walk, swing your arms (extra high if possible) and take a deep breath in through your nose, totally filling your lungs. You may do your deep breathing exercises while gently bouncing on a mini- trampoline.
  - ii) Stay hydrated and take *phosphatidyl choline and TUDCA* (*tauroursodeoxycholic acid* to increase lymph flow and bile drainage. Herbs like **goldenrod, burdock and milk thistle** are also great for both as is Quicksilver's **liposomal Bitters No. 9**. Its botanical lineup offers cloves, dandelion, milk thistle, solidago (goldenrod), gentian, burdock, sweet orange, myrrh and juniper. Contrary to its name it is not bitter.

- iii) We encourage professional lymphatic massage, however, you may gently massage the neck area from behind the ears all the way down the side of the neck to the clavicle with a downward motion 10 strokes and then stroke gently and quickly with a downward motion 20 strokes. You may also gently stroke the facial area over the surgery site, especially if there is swelling. Pressure of the stroking action should be based on comfort level. Do these exercises a minimum of 3 times per day, if there is congestion in this area. Ask us about using laser biostimulation or other protocols regarding lymph movement and/or pain management.

Please give us the name of your referring medical practitioner and give them our information for any further consultations on your behalf as you progress through post-surgical healing. We look forward to hearing back from you.

**Optimizing your potential to heal requires a dedicated comprehensive approach.**

