

# IVAN LAPIDUS, D.D.S., INC.

Periodontics / Dental Implants  
Orofacial Pain & Dysfunction  
Sleep Apnea / Snoring

1964 WESTWOOD BOULEVARD  
SUITE 200  
LOS ANGELES, CALIFORNIA 90025-4651

TELEPHONE (310) 446-4867  
FAX (310) 446-4715

## PREOPERATIVE INSTRUCTIONS

Following all surgical procedures Dr. Lapidus will ask that you take an appropriate antibiotic to fight off any infection, a pain medication to ease post operative discomfort, and an oral rinse to keep the surgical site clean. Additionally, Dr. Lapidus will ask that you keep the food and drink that you ingest cold (NOT room temperature) and soft for a minimum of 36 hours so as not to cause excess swelling or injury to the surgery site the day of surgery. Since it is important to go straight home following surgery, we recommend that you have at least 24 hours of recuperating time. Patients should purchase their medications, soft and cold foods and two re-freezable cold packs before the day of surgery so it is already at home waiting for you. Some examples of a soft diet are listed below. Call and give us your pharmacy's phone number, and we will be glad to phone in medications ahead of time for you.

Sincerely,

Ivan Lapidus DDS

Ivan Lapidus, D.D.S.

Some examples of a soft diet are listed below.

Yogurt	Eggs	Malts	Oatmeal	Pudding
Jell-o	Plain cold Pasta	Fruit Smoothie	Apple Sauce	
Ensure	Cold Macaroni Salad	Ice Cream		

## Instructions for Post-Dental Surgery Dr. Ivan Lapidus (310) 446-4867

The following procedures are highly recommended to insure a rapid recovery with the least possible discomfort and post surgical trauma:

### 1. **MEDICATIONS:** (if prescribed)

**A. ANTIBIOTICS:** Four (4) times daily, around breakfast, lunch, dinner and bedtime unless otherwise informed. If you do not have a meal, take them anyway to maintain adequate blood level.

**B. FOR PAIN:** Take medicine as directed on the bottle. **DO NOT** take when driving, nor with alcohol as they cause drowsiness. **NOTE:** Codeine and its derivatives may cause stomach upset; take with milk or food.

**\*\*\*\*\*** *If you are able to take OTC* (over the counter, generic is okay) Advil and **regular** strength Tylenol, please use the following regimen in place of your prescribed pain medication:

Take **regular** strength Tylenol and Advil every 4 hours to reduce pain and inflammation. Stagger the two medications by 2 hours each. For example, take two Tylenol tabs then two hours later, take 2 Advil tabs and repeat this regimen up to 12 hours or as often as needed.

**C. ORAL RINSE:** (Peridex) Rinse undiluted approximately one teaspoon two (2) times daily for 30 seconds. Do not exceed recommended frequency. Use no other mouth rinses.

**2. FOOD:** For the first 36 to 48 hours, keep your diet soft, cold and preferably high in protein and calcium. Chew on the opposite side of surgery. Stay away from **HOT** foods (they cause bleeding) and **SPICY** foods (they irritate). Recommended are such foods as yogurt, cottage cheese, soft ice cream, jell-O, apple sauce, cold pasta, plain tuna salad, plain egg salad, cold soup, etc. Absolutely no crunchy foods.

**3. LIQUIDS:** for the first 36 to 48 hours, avoid **HOT** liquids of any kinds. Hot drinks dilate the blood vessels, dissolve clots and so increase the possibility of bleeding. Drink cool or colds liquids. Avoid vigorous rinsing for a few days.

**4. AVOID STRENUOUS EXERCISE:** for at least 3 or 4 days. Exercises like swimming, jogging or lifting heavy objects raise the heart rate increasing the potential for swelling and bleeding.

Over please,

**5. APPLY AN ICE BAG:** externally over the surgical site. **If bleeding occurs:** place a cool, wet tea bag (regular, not herbal) inside your mouth where the bleeding is occurring. Follow this procedure for about one hour and call the doctor. At the end of the hour, reapply if necessary for an additional hour. Additionally, **letting crushed ice melt in your mouth around the surgery site will help reduce swelling.**

**DO NOT CHEW ON THE ICE!!**

**6. DON'T SMOKE!** The heat and irritants in the smoke may increase bleeding and inhibit healing.

**7. NO ALCOHOLIC BEVERAGES!** Alcohol can promote bleeding and inhibit healing as well as affect the prescribed medications.

**8. DON'T DRINK THROUGH A STRAW!** The negative intraoral pressure may increase the chances of bleeding.

**9. DON'T BRUSH THE AREA WHICH WAS TREATED!** But if pieces of the dressing should become dislodged, don't be overly concerned. If the dressing should loosen after a few days, you may remove it slowly and carefully. If possible, it's better to leave it alone. If you have a bone graft procedure, you may feel some of the materials/particles in your mouth. Again, do not be alarmed as we purposely over pack the surgical site. If you have a gingival graft procedure, do not bite into your food, use a spoon or fork to place food into your mouth.

**10. FOR PATIENTS WHO ARE WEARING PALATAL STENTS:** Do **NOT** remove at all without speaking with Dr. Lapidus first.

**IN CASE OF EMERGENCY:** If you have a life threatening emergency, call 911 immediately. For all other emergencies or concerns, please call Dr Lapidus on his cell phone at (310) 995-7017. Please leave a detailed message with your phone number if the call goes to voice mail. If necessary, please repeat your call every 15 minutes until he has called you back. Remember to keep your phone line clear so that he may call you back.