

**NANCY R. EKELMAN, DDS**  
**Practice Limited to Periodontics**  
**And Oral Implantology**

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### **PRE-OPERATIVE INSTRUCTIONS**

#### **Prior to Periodontal Surgery**

- Please stay on all of your medications except for baby aspirins. Discontinue 5 days before surgery.
- Please let us know if you are taking blood thinners.
- You may take Tylenol for any aches or pain before your surgery. Tylenol does not cause bleeding, so its use is not restricted.
- Patients are allowed to eat before surgery.
- The stitches will be removed between 7-14 days. You will be given an appointment for follow-up.

#### **Herbal and Vitamin Supplements**

The following supplements may increase your risk for bleeding and should not be taken for 7 days before surgery.

- Vitamin E
- Garlic pills (ajo)
- Ginkgo
- Ginseng
- Ephedrine
- Fish oil or Omega 3

**Please feel free to contact us at the office if you have any questions.**