

RTC Dental –

Instructions for Laser Perio Therapy:

- Please read through these health review questions and send RTC Dental a list of conditions you suffer from:
(Email info@RTCdental.com)
(Dr. Ali's Cell Phone #: 571-423-7945)
 - What is the **phone number for your preferred pharmacy**, so our dentist can call in your prescriptions for you?
 - What is **your full name and date of birth**?
 - **Allergies:**
 - Are you allergic to penicillin or amoxicillin antibiotics?
 - Are you allergic to pain killers such as hydrocodone or Vicodin?
 - **Illnesses:**
 - Do you have **heart problems** or any **major illness** that your dentist should be aware of?
 - Do you have any **joint replacement surgeries** in your past?
 - Hip replacement surgery?
 - Knee replacement surgery?
 - Elbow replacement surgery?
 - Do you have a **pace maker**?
 - Do you have **history of stroke, heart attack, angioplasty or heart surgery**?
 - Do you have any **bleeding disorders**?
 - Do you have **Diabetes**?
 - *If so, then what are your typical blood sugar levels when you are tested?*
 - Do you have **hypertension**?
 - *If so, then what are your typical blood pressure numbers when you are tested?*
 - Do you ever have **difficulty climbing stairs**, or become winded when climbing stairs?
 - What kind of physical activities do you typically do?

Special Pre-Op Medicines:

- **Rinse with Chlorhexidine in advance of your laser session:**
 - Rinse and spit with chlorhexidine mouth rinse, 2-3 times daily to kill bacteria

- **Take Antibiotic Pills in advance of your Laser Perio session:**
 - **Penicillin or Clindamycin antibiotics**
 - Start taking antibiotic pills ~24 hours prior to your 1st laser session.
 - Continue taking your antibiotic pills for 10 full days.
 - We recommend you complete your 2nd laser session prior to the end of your antibiotic prescription.
 - Only stop taking the antibiotic pills if you experience allergic reaction or GI disturbance.
 - Allergic reaction to antibiotics typically involves rash on skin; and in severe cases can lead to difficulty breathing, if your throat swells.
 - GI disturbance are typically diarrhea; but in more severe cases may involve bloody stools.
 - **Adverse reactions to antibiotics pills should be reported to your dentist immediately.**
 - Call Dr. Ali Miamee's cell phone number 571-423-7945
 - If you are experiencing **difficulty breathing or swallowing spit**, then you should immediately visit an emergency room or call 911.

Instructions For The Day Of The Procedure:

- **On the day of your procedure please do the following:**
 - Eat a large rich breakfast to ensure there is plenty of sugar in your blood during your appointment.
 - Eggs, meats, sausage, butter, syrups are all preferred over fruits or vegetables.
 - High calorie foods are preferred.
 - Brush your teeth well before leaving for your appointment.
 - *You will be asked not to brush your teeth for 24 hours after your appointment.*
 - Rinse with chlorhexidine prior to leaving for your laser session.
 - Take all normal medications on schedule, as prescribed from your physicians.
 - Hypertension meds
 - Diabetes meds
 - Blood thinners

- **Feel free to call (or text) Dr. Ali Miamee on his cell phone with any questions:**
 - Cell phone # 571-423-7945

Instructions For After Your Procedure:

- **Post-Op Instructions for after each laser perio surgery:**

- Do not **brush your teeth** for 24 hours after the procedure.
 - Gentle brushing of your teeth can resume after 24 hours.
- Do not **floss your teeth** for 1-2 weeks after the procedure.
 - Gentle flossing can resume after 1 week.
 - Normal flossing can resume after 2 weeks.
- Do not **brush your gums** for 1-2 weeks after the procedure.
 - Gentle brushing of the gums can resume after 1 week.
 - Normal brushing of the gums can resume after 2 weeks.
- Continue using **chlorhexidine mouth rinse** for 1-2 weeks after your procedure.
 - *Stop using chlorhexidine and call your dentist if you see discoloration on your teeth due to chlorhexidine use.*
- Schedule a **follow up appointment** with your dentist for 7-14 days post-op, to evaluate your healing.