

## **PRE-TREATMENT RECOMMENDATIONS FOR LASER POCKET SURGERY (LANAP)**

We have scheduled a significant block of time for our team to concentrate on your visit with us. Please understand that this is surgery, but done in a new way with laser technology. Post operative comfort and healing will best occur if you follow our recommendations.

1. Avoid taking aspirin for 24-48 hours prior to your appointment (aspirin can cause easy bleeding).
2. Avoid alcohol for 24 hours before your appointment (alcohol can prevent complete anesthesia or numbing of the treated area).
3. It is best to avoid caffeine or other stimulants 24 hours prior to your appointment (stimulants can interfere with the anesthetic).
4. Take antibiotic pre-medication, if required.
5. Take any prescribed sedatives, as directed.
6. If you are prescribed sedatives, you must have someone drive you home after your treatment.
7. Do get a good night's sleep the night before.
8. Eat a good breakfast and/or lunch the day of your appointment.
9. Wear comfortable, loose fitting clothing for your visit.
10. If you are not allergic to Advil-generic ibuprofen-(i.e.. Motrin, Nuprin), it will most likely be prescribed immediately before treatment primarily to minimize tissue swelling and local inflammation that is a natural side-effect of minor surgery. Ibuprofen is non-narcotic and does not affect your ability to drive.
11. If you feel you would be more comfortable with some form of pain relievers for the evening and days after your appointment, please advise us in advance so that we may prescribe the appropriate medication. Pain relievers are to be taken on an as- needed basis.

Williamsburg Periodontics  
461 McLaws Circle, Suite 1  
Williamsburg, VA 23185  
(757) 221-0249