

Dr. Temlock's Pre-Operative Instruction Guide and Check-List

Before your procedure, Dr. Temlock wants you to be prepared for your time in the office as well as at home while you heal. Although you spent considerable time at your consultation discussing your periodontal and/or dental implant needs as it relates to your specific procedures, Dr. Temlock wants to reinforce the importance of proper preparation for your surgery.

As such, he developed this guide to help answer questions and reduce your anxiety. His goal is to provide transparent communication with our patients to allow you to focus on your health and healing. Simply stated: preparing yourself BEFORE the procedure will help your healing AFTER the procedure!

1. Update Dr. Temlock and his team of any changes to your medical history, medication list, and allergy list before your appointment. Simply call the office to update us should anything change regarding your overall general health.
2. Be prepared to go to the pharmacy the day of the procedure. Dr. Temlock will prescribe you several medications based on your independent needs, but he is unable to simply "call-in" various prescriptions to the pharmacy based on new federal laws. If you prefer to obtain your medications at your pharmacy before the your procedure, please contact the office at least one week prior to your scheduled appointment to make special arrangements.
3. Sign your consent forms at least one day in advance of your procedure. This will minimize your administrative time in the office before the procedure. It will also allow you to understand your risks more completely and ask any questions before your appointment.
4. Read your post-operative instructions BEFORE your scheduled appointment. Do not wait until after the procedure to read these important documents. Reading and understanding the post-operative care instructions before your procedure will give you an opportunity to discuss any specific questions with Dr. Temlock beforehand.
5. Prepare your home for healing. Go buy food before the procedure and use common sense. Although there are not many restrictions regarding eating, it is generally safe to eat colder, softer foods for a few days following your procedure. You will want to avoid extremely hot foods and liquids, and the use of straws is prohibited for one week. You need food and calories to heal, so prepare your home beforehand for your individual needs. Along the same lines, obtain appropriate healing agents (ice-packs, gauze, etc) at your local pharmacy before the procedure. Lastly, you will want to keep your head elevated after the procedure. Obtain extra pillows for the couch or bedroom to make the immediate hours after the procedure easy for you.
6. Be prepared to rest and heal. No procedure is risk-free, and the body needs time to heal. Set expectations with your co-workers, boss, and family members before your procedure. Each procedure and patient is different, and Dr. Temlock will address your specific healing needs appropriately.
7. If you need transportation after your procedure, plan accordingly in advance. If you are being sedated for your procedure, a friend or family member must escort you home after the procedure. There are no exceptions to this rule. If you are not being sedated, then you can drive yourself home or take local transportation (Uber, Lyft, MUNI, etc.)
8. If you are being medically sedated, do not eat or drink anything for at least 4 hours before your procedure. If you are completing the procedure under local anesthetics only, feel free to eat a meal up to an hour before the procedure.
9. Wear comfortable clothing during your procedure.
10. Bring comfort items with you. If you want to listen to music or something particular, please bring small headphones that do not restrict your head movement. The use of smaller ear-bud headphones is highly preferred compared to larger, noise-cancelling headphones.
11. Please contact our office at 415-653-0303 regarding any questions before your procedure.

Over-preparation and patient knowledge cannot be understated, and it is Dr. Temlock's goal to make your experience as carefree as possible through simple, transparent communication!