



PREPARING FOR GUM TREATMENT

It's important to prepare yourself in advance and know the before and after-effects of the surgery and the recovery process.

Here's how you can prepare for dental procedures.



CHOOSING THE DENTIST

- If you already visit a dentist regularly, check if she/he can do the procedure in the clinic. This may help as the dentist is already familiar with your case.
- In case you are looking for a new dentist, ask for **recommendations**. Ask family, friends, neighbours or co-workers what they like about their dentist, or ask your physician for a referral.
- **Meet for a consultation.** Call or visit several times before making a decision.
- **Evaluate the dentist after an appointment.** Make your decision based on how the dentist handled your dental history, explained all the treatment options, answered questions and inspired confidence.



Here are some questions you can ask your dentist before scheduling the surgery to understand the treatment / procedure better.

- What's causing the symptoms?
- What tests, if any, do you need?
- What's the best course of action?
- What's the cost of the treatment?
- Are there any restrictions before and after the procedure, especially in case you have an underlying medical condition such as diabetes?
- Are there any particular products that you can use that can help avoid this problem in the future?



Before your surgery appointment, make a list of:

- Any symptom you are experiencing, including those that may seem unrelated to the reason for your appointment.
- Key personal information, including any medical conditions you may have.
- All medications you take, including over-the-counter medications, vitamins, herbs or other supplements, and their dosages.



Common do's and don'ts on the day of procedure / post-procedure

- Always wear clothing that is comfortable when you go in for a dental procedure.
- Avoid alcohol consumption or smoking before the procedure.
- The dentist may have special requests for foods that you can eat before and after your procedure. Make sure you adhere to them.
- Your dentist might use an antiseptic mouthwash to keep the area clean and to avoid infection
- Never drive back alone after the procedure and always line up transportations. Sometimes you will be given pain medication or mild anaesthetics which can make driving dangerous.

REFERENCE

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