



Mountain Top  
periodontics & implants

Patient Name \_\_\_\_\_

Your appointment is scheduled for: \_\_\_\_\_.

**Below are a few important instructions and reminders:**

- If you take blood thinners please consult with your doctor on how to go off the medication before your surgery here at our office.
- You should not drink any alcohol or caffeinated beverages for 24 hours prior to your appointment.
- You should also not eat or drink anything for 6 hours before **nor should you take any medication not approved by the Doctor.**
- You should not drink grapefruit juice or eat any grapefruit product for 7 days before your appointment
- Have on hand softer foods for meals for your first days, after your treatment.
- Take your pre-appointment pills as directed, if given.
- Have your companion bring you to our office at \_\_\_\_\_ sharp.
- Absolutely **NO** driving yourself!
- We suggest you wear comfortable clothing e.g. a lightweight jogging suit

Also, we have found that many patients benefit from natural healing agents that can be purchased at local drug stores. Vitamin C (1000mg taken 3 x a day) and Enzyme Co Q 10 (50mg taken 2 x a day) will boost your system and aid in producing an excellent healing experience. We recommend beginning this vitamin regimen as soon as 1 week before the appointment and to continue for at least 2 weeks after the appointment.

If you have any questions or concerns, please feel free to call us at (303)-740-0080.

The Staff at Mountain Top Periodontics & Implants