

PINHOLE POST-OP INSTRUCTIONS FOR 6 WEEKS

1. NO BRUSHING OVER SURGICAL SITE(S)
2. NO FLOSSING (Water-Pik ONLY from tongue-side or inside on low)
3. NO TOUCHING: with finger or any other object
4. Do not lick the surgical area
5. Do not use cotton swabs, cloth, or any soft or hard object to clean area
6. Do not sleep with hands under the cheek where surgery was done
7. No facial massages for 3 weeks or massage that area of the face for any reason
8. NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks. You cannot look without pulling cheek.
9. RINSE ONLY WITH LIPS APART: SLOSHING ONLY
10. NO CHIPMUNK CHEEKS while rinsing
11. Do not play any wind instrument for 3 weeks
12. NO STRAWS
13. Do not blow balloons
14. No Spitting
15. No mints over surgical area
16. No smoking, chewing tobacco, cigar, pipe or marijuana. Please consult doctor if you use marijuana for medical purposes
17. WEAR PRESCRIBED BITE APPLIANCE EVERY NIGHT FOR 6 WEEKS, if instructed
18. No Clenching or Grinding of teeth
19. No heavy lifting that requires clenching of the teeth
20. No heavy aerobic exercise/physical activity for 3 weeks
21. ICE OVER AREA 20 MINUTE INTERVALS FOR FIRST 48 HOURS to minimize swelling
22. DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK
23. DO NOT EAT crunchy or sticky food (like bread) that can get stuck on or in between your teeth
24. EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments
25. PAIN CONTROL: take 3 ibuprofen or 1 tylenol immediately after procedure
26. CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE
27. Patient must return to our office at 3 weeks and 6 weeks after surgery.
28. After the 6th week you may brush surgical area with special extra soft brush given by this office for 6 months
29. NO ELECTRIC TOOTHBRUSH OVER SURGICAL SITE FOR 6 MONTHS