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PINHOLE SURGICAL TECHNIQUE POST-OP INSTRUCTIONS FOR 6 WEEKS

1. NO BRUSHING OVER SURGICAL SITE(S). Do not use cotton swabs, cloth or any soft or hard object to clean area.
2. NO Flossing (Water-Pik ONLY from tongue-side or inside on lower).
3. NO TOUCHING: with finger or any other object or device.
4. Do not lick surgical area.
5. Do not sleep on the side where surgery was done. IF you have both sides done, sleep on back.
6. No facial massages for 3 weeks or massage that area of the face for any reason.
7. NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks. You cannot look without pulling cheek.
8. RINSE ONLY WITH LIPS APART: SLOSHING ONLY (NO Chipmunk cheeks when you rinse.)
9. Do not play wind instruments for 3 weeks. Do not blow balloons.
10. Do not suck on foods/straw or spitting.
11. No mints, chewing gum over surgical site.
12. DO NOT EAT crunchy or sticky food(like bread) that can get stuck on or in between your teeth.
13. NO scalding hot drinks(tea, coffee, water, or hot soup).
14. NO alcohol for at least 1 week.
15. NO smoking or electric cigarettes, chewing tobacco, cigar, pipe or smoking marijuana for at least 6 months. Please consult doctor if you need to use marijuana or inhalants.
16. Wear 24-hour appliance or nightguard as prescribed(if recommended by the doctor). Failure to wear appliance may cause relapse. Check with your doctor if you wear any other appliances (e.g. retainers, Invisalign, Perio-Protect, etc.)
17. NO triclosan, hydrogen peroxide, bleach or any mouth rinse not approved by Doctor. (Coconut oil, holistic mouth rinses, or homeopathic remedy used only with permission of doctor.)
18. NO CLENCHING OR GRINDING OF TEETH (No heavy lifting that requires clenching of the teeth.)
19. NO heavy aerobics or vigorous exercising/dancing or physical activity for 3 weeks. (walking or non-strenuous activities are ok.)
20. NO facial devices such as snorkeling or CPAP for 2 months. Consult with doctor in case of CPAP.
21. ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.
22. DO NOT BE ALARMED ABOUT SOFT TISSUE SWELLING OR BRUISING FOR THE FIRST WEEK.
23. EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.
24. PAIN CONTROL - take medications as prescribed by doctor.
25. CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, HEAT OR ABNORMAL SENSATION AT SURGICAL SITE.
26. Patient MUST return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery. and 6 weeks after surgery.
27. After the 6th week you may brush surgical area with special extra soft brush dispensed or ordered by this office for 6 MONTHS.
28. Don't press phone to face.

I UNDERSTAND THE POST OPERATIVE INSTRUCTIONS AFTER THE PINHOLE SURGICAL TECHNIQUE.

Date

Signature of Patient (Parent or Legal Guardian if a minor)