

Pinhole Post-Operative Instructions

1. Pain control- take Tylenol (500 mg) and Ibuprofen (800 mg) every 4-6 hours for any discomfort as needed. DO NOT COMBINE TYLENOL WITH NORCO.
2. Ice over area at 10-minute intervals for the first 48 hours to reduce swelling.
3. Expect cold sensitivity for up to 6 weeks. Do report any sensitivity during check-ups.
4. Do not be alarmed by swelling or bruising within the first week.
5. Do not eat sticky or crunchy foods that can get stuck between your teeth.
6. No brushing over surgical sites.
7. If applicable, wear prescribed bite appliance for 24 hours a day, unless directed otherwise.
8. No flossing.
9. No touching.
10. Do not lick surgical sites.
11. Do not use cotton swabs, cloth, or any other soft/hard objects to clean surgical area.
12. Do not sleep with hands under the cheek where surgery was done.
13. No facial massages or pressure over the surgical area for 1 month.
14. NO LOOKING. Do not obsess over or question doctor about appearance of gums for 1 month. Pulling the cheek out can delay healing.
15. Rinse only with lips apart.
16. No chipmunk cheeks when rinsing.
17. Do not play any wind instruments for 1 month.
18. Do not suck on straws.
19. Do not blow balloons.
20. No spitting.
21. No mints over surgical area.
22. No smoking, chewing tobacco, cigars, or recreational drugs.
23. No clenching or grinding of teeth.
24. No heavy lifting that would cause you to clench.
25. No vigorous physical activity for 1 week.
26. No snorkeling for 6 months.

CALL DOCTOR IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING OR HEAT AT SURGICAL SITE.

PATIENT MUST RETURN FOR 1 MONTH CHECK AND POLISH AFTER SURGERY.

AFTER 1 MONTH, you may resume brushing surgical area with extra soft toothbrush unless otherwise instructed