



Pinhole Surgical Technique: Post-Op Instructions

Over the next 6 weeks, you will be instructed to follow these guidelines to ensure that your surgical site heals and that no other problems may arise.

Please do not:

- Brush over the surgical area.
- Floss (water-pik only from tongue-side or inside).
- Touch area with finger or with any device or object (cotton swabs.)
- Eat crunchy or sticky food or drink from a straw.
- Be Alarmed about swelling or bruising for the first week.

Please do:

- Rinse Only With Lips Apart (e.g., no chipmunk cheeks).
- Wear prescribed appliance 24 hours a Day, If instructed. (Do not clench or grind your teeth).
- Check with doctor about any other appliances (e.g., Retainers, Invisalign, Perio-Protect, etc).
- Ice Over Area at 10 minute intervals (on and off) for the first 48 hours to minimize swelling.
- Expect cold sensitivity for 6 weeks or longer. Do report sensitivity during check-up appointments.
- Pain Control - acetaminophen (Tylenol) and NSAID (Motrin or Advil) should be taken at the same time, unless given alternative instructions by your doctor.
- Call Doctor Immediately if you have unexpected pain, continuous bleeding, or heat from surgical site.
- Patient MUST return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.

Discoloration and altered appearance of the gums is normal in the first 6 weeks. Contact your doctor about appearance concerns after that time.

If you had Intravenous Sedation, you will feel groggy for up to 24 hours, it is critical that during this period you do not:

- Drive
- Operate heavy machinery
- Make critical decisions
- Consume alcohol

Patient Signature: _____

Date: _____

