



Pinhole Post-Operative Instructions For 4 Weeks

ABSOLUTE NO-NOS: NO LOOKING AT SURGICAL SITES UNDER ANY CIRCUMSTANCES: Do not obsess over or question doctor about the appearance of gums for 6 weeks. You cannot look without pulling the cheek. Pulling on your lip to look at the site can cause complete FAILURE of the surgery. NO heavy aerobics or vigorous exercising/dancing or physical activity for 1 week. Walking or non-strenuous activities (other than swimming) are okay. NO clenching or grinding of the teeth. No heavy lifting that requires clenching of the teeth.

Oral Hygiene: Keeping the surgical sites clean is ESSENTIAL TO SUCCESS. However, you MUST NOT BRUSH/FLOSS/WATERPIK THE SURGICAL SITES FOR AT LEAST ONE MONTH following the procedure. For the first 2 weeks, you will use the prescribed rinse ONLY to keep the surgical sites clean. **The rinse may cause staining of your teeth and tongue, this is temporary and is not cause for alarm.** At your 2 week check-up, we will discuss how to further clean your teeth.

Starting the day after surgery, you will begin rinsing with the prescribed rinse. RINSE ONLY WITH LIPS APART/ SLOSHING ONLY for first 2 days - NO chipmunk cheeks when you rinse. You may brush and floss the other areas of your mouth (including your tongue) as you normally would beginning the day after surgery, but again, for 2 days after surgery NO chipmunk cheeks when you rinse. AFTER 2 days you may begin a regular rinsing technique. 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.) NO TOUCHING with finger or any other device or object. Do not lick surgical area.

Eating: NO scalding hot drinks (tea, coffee, water or hot soups) for the first 24 hours. DO NOT EAT crunchy or sticky food (like bread, nuts, chips, popcorn, granola, raw vegetables, fruits with small seeds) that can get stuck on or in between your teeth (this is for one month after treatment!). Do not suck on foods/straws for 48 hours, and no forceful spitting for 48 hours. No mints or chewing gum in surgical area for 2 weeks. NO ALCOHOL for at least 1 week OR while you are on oral antibiotics, and entire antibiotic prescription must be taken. NO smoking, no 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.

Pain: Mild (occasionally moderate) pain is to be expected after this procedure. For most people, a combination of ibuprofen (Advil or Motrin) and acetaminophen (Tylenol), are all that are required to control pain. If the doctor has given you a prescription for ibuprofen, take it as directed with 2 tablets of acetaminophen unless otherwise instructed by the doctor.



Swelling: DO NOT BE ALARMED ABOUT SIGNIFICANT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK. The swelling can be such that you may not be able to close your lips normally for several days after the procedure. ICE should be applied over the area at 10-20 minute intervals for the first 24-48 hours to minimize swelling using either the ice pack provided to you or an ice pack of your choice. Always make sure that the ice pack is covered in a light towel, and gently hold the ice pack in the area; DO NOT apply firm pressure to the ice pack. After 48 hours, you can apply moist heat on your cheeks or lips if it feels good. Again, do not apply firm pressure to the moist heat pack.

General/Other: Take all antibiotics as prescribed/to completion. EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments. Do not sleep on the side where surgery was done. If you have both sides done, try to sleep on your back. No facial massages for 3 weeks or massage of that area of the face for any reason. Don't press your phone against your face. Do not play wind instruments for 3 weeks. Do not blow up balloons. NO facial device such as snorkeling mask or CPAP for 2 months. Consult with doctor in case of CPAP. Wear dental appliances or night guard only if recommended by the doctor.

Patient MUST return to our office for all scheduled post-ops.

SOFT/MUSHY FOOD SUGGESTIONS

Anything put through a blender, EXCEPT fruits/vegetables with small seeds, is acceptable. Other suggestions:

Eggs any style
Pasta
Soft cheeses
Fish
Ground turkey, ground beef
Mashed potatoes, yams or sweet potatoes
Mashed steamed vegetables
Avocados
Applesauce
Cream of wheat, Malt-o-Meal
Yogurt
Pudding
Ice cream
Creamy peanut butter
Broths or cream soups

You can also supplement your nutrition with vitamins, and Ensure (or another supplement drink of your choice).

Please refer to these instructions first if you have any questions. If your questions are not answered by this sheet, please call us at 775-322-5122

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