**POST -OP INSTRUCTIONS FOR PINHOLE FOR 6 WEEKS**

1. **NO BRUSHING OVER SURGICAL SITE(S)**
2. **NO FLOSSING (if you use a Water-Pik, ONLY use it from tongue-side or inside and on low)**
3. **NO TOUCHING: with finger or any other device or object.**
4. **Do not lick 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 when you rinse.**
11. **Do not play wind instruments for 3 weeks.**
12. **Do not suck on straws.**
13. **Do not blow balloons.**
14. **No spitting.**
15. **No mints over surgical area.**
16. **No smoking, chewing tobacco, cigar, pipe or recreational marijuana. Please consult doctor if you use marijuana for medical purposes.**
17. **WEAR PRESCRIBED BITE APPLIANCE 24 HOURS A DAY, if instructed. Check with Doctor about any other appliances (e.g., retainer, Invisalign, Perio-Protect, etc).**
18. **No Clenching or grinding of the teeth.**
19. **No heavy lifting that require clenching of the teeth.**
20. **No heavy aerobics or vigorous dancing or physical activity for 3 weeks.**
21. **No Snorkeling for 6 months.**
22. **ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.**
23. **DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUSHING FOR THE FIRST WEEK.**
24. **DO NOT EAT crunchy or sticky food (like bread) that can get stuck on or in between your teeth.**
25. **EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.**
26. **PAIN CONTROL-take tw0 extra strength acetaminophen (Tylenol) and 600-800 Motrin (Advil/ ibuprofen) at the same time, subject to other instructions by Doctor.**
27. **CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE,**
28. **Return to our office 1-2 week (s) and 5-6 weeks after surgery for a check-up to ensure proper healing.**
29. **After the 6th week you may brush surgical area with special extra soft toothbrush for 6 MONTHS.**