

PINHOLE POST-OP INSTRUCTIONS

ABSOLUTE NO-NOs: NO LOOKING AT SURGICAL SITES UNDER ANY CIRCUMSTANCES. **Do not obsess over the appearance of your gums for the next 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 a minimum of 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 THE SURGICAL SITES FOR AT LEAST ONE MONTH following the procedure. For the first 1-2 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. **Use non-alcohol based mouth wash after stopping RX mouth rinse.**

At your 2/3 week check-up, we will discuss how to further clean your teeth. **This WILL NOT happen before 4 weeks.**

At 4 weeks post-surgery you may begin brushing teeth in surgical areas. However, the gums must not be brushed/rubbed until 6 weeks post-surgery. **You WILL NOT be released to begin brushing in all areas prior to 6 weeks post procedure.**

Starting the day after surgery, you will begin rinsing with the prescribed rinse. **RINSE ONLY WITH LIPS APART/ SLOSHING ONLY for first 3 days - NO chipmunk cheeks when you rinse.** (Try tilting head from side to side with rinse in mouth gently) 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 3 days after surgery NO chipmunk cheeks when you rinse. AFTER 3 days you may begin a regular rinsing technique. NO hydrogen peroxide, Alcohol based mouth wash, bleach, or any mouth rinse not approved by 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 48 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 7 days, and no aggressive spitting for 72 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. 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 Dr. Habib has given you a prescription for ibuprofen, take it as directed. Depending on the amount of surgery performed, you may be prescribed a steroid pack. Take as directed. PLEASE CALL OUR OFFICE IF YOUR PAIN IS NOT CONTROLLED BY MEDICATION.

Swelling: DO NOT BE ALARMED ABOUT SIGNIFICANT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK but REPORT all SIGNIFICANT PAIN OR SWELLING TO OUR OFFICE STAFF.

*To minimize swelling and encourage healing please take all medications prescribed to you.

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: 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 6 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 6 weeks. Do not blow up balloons for 6 weeks. NO facial device such as snorkeling mask (6 months) or CPAP for 8-10 weeks. **Consult with doctor in case of CPAP.** Wear dental appliances or night guard only if recommended by the doctor. These will need to be seen by the doctor or clinical staff before wearing.

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

Please refer to these instructions first if you have any questions. If your questions are not answered by this sheet, please call us at the office 417-553-0856 or the nights and weekend number 417-434-3707

1st Post-operative eval:_____

Modified brushing (occlusal surfaces only in surgical areas)_____

Released to brush/ floss:_____ 6wk/8 wk post op_____

6 month po:_____ (can email pics of surgical sites)