



## Post-Op Instructions for Pinhole Surgery

### 6 Weeks

- **No brushing over surgical site(s).** Only use ultra-soft toothbrush prescribed but stay away from gums and only brush the teeth.
- **No flossing** (Water-Pik only from tongue-side or inside)
- **No touching:** with finger or any other device or object (e.g., cotton swabs).
- **No looking:** pulling the lip will interfere with the surgical site.
- **Rinse only with lips apart** (e.g., no chipmunk cheeks)
- **Wear prescribed bite 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 surgical area** at 10 minute intervals for the first 48 hours to minimize swelling.
- **Do not be alarmed about soft swelling or bruising for the first week.**
- **Do not eat** crunchy or sticky foods and do not drink from a straw.
- **Expect** cold sensitivity for 6 weeks or longer. **Do report** sensitivity during check-up appointments.
- **Pain control** – take two 200 mg. acetaminophen (Tylenol) tablets + two 200 mg. ibuprofen (Advil) tablets at the same time, subject to other instructions by Dr. Brad.
- **Call Doctor immediately if you have unexpected pain, continuous bleeding, or heat from surgical site.**