

## **BC SMILES PINHOLE POST-OP INSTRUCTIONS FOR 6 WEEKS**

- 1.) NO BRUSHING OVER SURGICAL SITE(S).
- 2.) NO FLOSSING (Water-Pik ONLY from tongue-side of inside on low) after 1<sup>st</sup> week.
- 3.) NO TOUCHING: with fingers or any other device or object
- 4.) Do not lick surgical site
- 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 performed
- 7.) No facial massages for three (3) weeks. Do NOT 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 six (6) weeks
- 12.) Do not suck on straws
- 13.) Do not blow balloons
- 14.) No spitting
- 15.) No mints over surgical area
- 16.) No smoking, vaping, 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., retainers, Invisalign, Perio- Protect, etc.)
- 18.) No clenching or grinding of the teeth
- 19.) No heavy lifting that requires 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 BRUISING 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. REPORT sensitivity during appointments
- 26.) PAIN CONTROL- take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by your primary care provider/specialist.
- 27.) No extremely hot liquids
- 28.) IMPORTANT Follow-up Appointments: 1 Day after surgery, 1 week after surgery, 3 weeks after surgery and 6 weeks after surgery
- 29.) After the **6<sup>th</sup> week** appointment, you may brush surgical area with special extra soft brush dispensed or ordered by this office for **6 MONTHS**  
\*\* CALL DOCTOR IMMEDIATELY IF YOU HAVE: UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.