



Restore Dental Wellness
Exceptional Dental Care for the Quality Conscious

Pin Hole Gum Rejuvenation

Post-Op Instructions for the First 6 Weeks!

1. No brushing over the surgical sites for the first 6 weeks. **OUTSIDE- NO BRUSHING!** Inside is ok.
2. No flossing for the first 6 months.
3. If you are a Water-Pik user, use **ONLY** from the inside/tongue side on the **LOWEST** setting.
4. No touching the surgical sites with your finger, picks, or any other device or object.
5. Do not use cotton swabs, cloths, or any soft or hard object to clean the surgical sites.
6. Do not lick the surgical sites.
7. Do not sleep with your hands under your cheek where the surgery was done.
8. No facial massages for 3 weeks following surgery.
9. Do not rub the outside of your face where the surgery was done for **ANY** reason. This means that you can show your affection to others with a smile, but not passionate kissing for 3 weeks.
10. **NO LOOKING** as you cannot look without pulling on the cheek. For the best healing and results, surgical site cannot be moved.
11. Rinse only with your lips parted...just by sloshing the Therasol solution.
12. No chipmunk cheeks to forcefully rinse your mouth.
13. Do not play any wind instrument for the first 3 weeks following surgery.
14. Do not use straws to prevent cheek movement that sucking the straw creates.
15. Do not blow up balloons for the same reason.
16. No spitting.
17. Do not place breathe mints between the cheeks and the surgical area.
18. Tobacco/marijuana products – In order to maximize your bodies healing potential, please stop smoking/chewing 4 (four) weeks prior to the surgery and for 6 (six) weeks after.
19. No clenching and grinding.
 - a. Clenching and grinding the teeth contracts the facial muscles which can move the surgical site. Therefore, continue to wear your prescribed occlusal/bruxism guard 24 hours a day as prescribed.
 - b. No heavy lifting that might cause you to clench for the first 3 (three) weeks.
20. Consult with the doctor about other removable appliances (retainers, Bioliners, Invisalign, etc.) before the procedure commences.
21. No heavy aerobics, heavy physical activity, or vigorous dancing for the first 3 (three) weeks.
22. No snorkeling for 6 months as the mouthpiece can place pressure on the graft site.
23. Do not eat crunchy, sticky, firm foods that can get stuck on or between the teeth. Doritos, gum, tortilla chips, breads, and bagels are examples of major offenders.
24. Place ice gently on the outside of the face where the surgery was performed for the first 48 hours. 20 minutes on, 20 minutes off. This will help minimize swelling.
25. Appearance:
 - a. You will have some swelling for the first week.

- b. You will have some bruising for the first week.
 - c. DO NOT worry about the appearance of the gum tissues for the first 6 (six) weeks. Remember that you are not supposed to be pulling on your cheeks or lips to look anyways!
26. Expect cold sensitivity for at least 6 (six) weeks or longer. Do report sensitivity during your post-operative and check-up appointments.
 27. Pain control – take the Ibuprofen as prescribed to you regardless of whether or not you are experiencing discomfort as it a potent anti-inflammatory drug. If you were prescribed any other medications, take them as instructed.
 28. CALL THE OFFICE/DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR FEEL HEAT FROM THE SURGICAL SITE.
 29. The patient MUST return to our office for post-operative visits at the following intervals:

1-3 days following surgery	____ / ____ / ____	Initials _____
7-10 days following surgery	____ / ____ / ____	Initials _____
3 weeks following surgery	____ / ____ / ____	Initials _____
6 weeks following surgery	____ / ____ / ____	Initials _____
 30. At the 6 (six) week post-operative appointment, you will be given a special extra-soft toothbrush that you can then begin to brush the surgical site for the next 6 (six) months.

Patient Signature: _____ Date ____ / ____ / ____

Date of Surgery ____ / ____ / ____