

Specific Procedure Post Treatment Instructions

Pinhole

Do Not brush, floss, touch at the surgical site. Rinse only with your lips apart, no vigorous swishing.

- Water-pik can be used only from the tongue-side (inside) surfaces.
- Tissue will be healing changes in color and appearance will occur over the next 6 weeks.
- Do not be alarmed about soft swelling or bruising the first week.
- Expect cold sensitivity on teeth for 6 weeks or longer.

Ice are at 10-minute intervals for the first 48 hours to minimize swelling.

- Pain can be controlled with one acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instruction from the Doctor.
- Wear prescribed appliance 24 hours a day, if instructed. Do not clench or grind your teeth. Check with the Doctor about any other appliances (e.g., retainers, Invisalign, perio-protect, etc.)

Do not eat crunchy or sticky food or drink out of a straw.

Dressing Instructions

It is common for dressings to come fall off. If so, use a Q-tip dipped in Chlorhexidine Gluconate (Peridex) and gently swab the area. If the dressing becomes loose, simply remove it, do not try to push back in place, this will irritate the tissue.

AVOID FOR 3-5 DAYS POST-SURGERY

- Aspirin and other blood thinners. Please discuss this with your care provider.
- Vitamin E.
- Fish Oil.