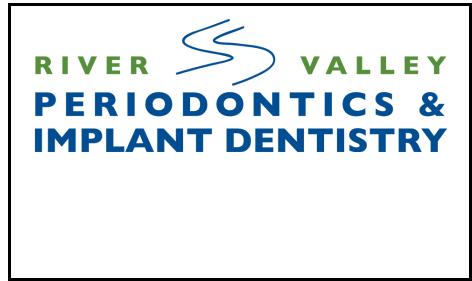


**POSTOP INSTRUCTIONS FOR PINHOLE GUM  
REJUVANATION**



- 1.) NO BRUSHING OVER SURGICAL SITE(S).
- 2.) NO FLOSSING (Water-Pik ONLY from tongue-side or inside on low)
- 3.) NO TOUCHING: with finger or any other device or object.
- 4.) Do not lick surgical area.
- 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 done.
- 7.) No facial massages for 3 weeks or 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 3 weeks.
- 12.) Do not suck on straws.
- 13.) Do not blow balloons.
- 14.) No spitting.
- 15.) No mints over surgical area.
- 16.) No smoking, 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 require clenching of the teeth.
- 20.) No heavy aerobics or vigorous dancing or physical activity for 3 weeks.
- 21.) ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.
- 22.) DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
- 23.) DO NOT EAT crunchy or sticky food that can get stuck on or in between your teeth.
- 24.) EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.
- 25.) PAIN CONTROL- take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Doctor.
- 26.) CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.
- 27.) Patient MUST return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.
- 28.) After the 6th week you may brush surgical area with special extra soft brush dispensed or ordered by this office for 6 MONTHS.

