



POST-OP INSTRUCTIONS FOR 6 WEEKS

- 1.) **NO BRUSHING OVER SURGICAL SITE(S).**
- 2.) **NO FLOSSING (Water-Pik ONLY from tongue-side or inside)**
- 3.) **NO TOUCHING: with finger or any other device or object (e.g., cotton swabs).**
- 4.) **NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks.**
- 5.) **RINSE ONLY WITH LIPS APART (e.g., NO chipmunk cheeks)**
- 6.) **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).**
- 7.) **ICE OVER AREA at 10 minute intervals for the first 48 hours to minimize swelling.**
- 8.) **DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.**
- 9.) **DO NOT EAT food day after surgery or drink out of a straw. Liquid diet only for the 1st 24 hours. No sticky or crunchy food for 6-8 weeks after surgery.**
- 10.) **EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.**
- 11.) **PAIN CONTROL- take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Doctor.**
- 12.) **CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.**