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POST-OP INSTRUCTIONS FOR 6 WEEKS

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. 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. DO REPORT sensitivity during check-up appointments.
26. PAIN CONTROL-take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Doctor.
27. CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.
28. Patients MUST return to our office 24 hours after surgery, 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery.
29. After the 6th week you may brush surgical area with special extra soft brush dispensed or ordered by this office for 6 MONTHS.
30. Do not use a toothpaste or mouthwash that has Triclosan.

PATIENT SIGNATURE: _____ DATE: _____ (day of surgery)

DATE: _____ (next day) DATE: _____ (1 week)

DATE: _____ (3 weeks) DATE: _____ (6 weeks)