



Pinhole Technique Post-Operative Instructions

1. NO BRUSHING over surgical sites. NO FLOSSING. No swabs or other objects over surgical sites.
2. DO NOT RINSE FOR 24 HOURS AFTER SURGERY.
3. RINSE ONLY WITH LIPS APART - SLOSHING ONLY (no chipmunk cheeks when you rinse).
4. ICE OVER AREA at 10-minute intervals for the first 48 hours to minimize swelling.
5. DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
6. NO TOUCHING with finger or ANY other device or object. DO NOT LICK SURGICAL AREA.
7. Don't sleep with hands under the cheek where surgery was done. We suggest sleeping with extra pillow(s) for the first week.
8. NO STRAWS.
9. No facial massages for three weeks or massaging that area of the face for any reason.
10. **NO LOOKING! Do not obsess over or question Doctor about appearance of gums for six weeks. DO NOT PULL YOUR CHEEK OR LIPS. (You cannot look without pulling your cheek!)**
11. Do not play wind instruments for three weeks.
12. No sucking on foods (mints, cough drops, etc) objects over surgical area. *No spitting.*
13. Do not blow balloons.
14. No smoking, chewing tobacco, cigar, pipe or recreational marijuana. Consult with your treating doctor if you use marijuana for medical purposes.
15. Wear your 24-hour appliance or night guard as prescribed (if recommended by the doctor). Failure to wear appliance may cause relapse. Check with your doctor if you wear any other appliances (e.g., retainers, Invisalign, etc.)
16. No clenching or grinding of your teeth.
17. No heavy lifting or weight lifting until approved by Dr. Barotz.
18. No activity that involves inversion. Your head must be kept above your heart.
19. No heavy aerobics, vigorous exercising/dancing or strenuous physical activity for three weeks. Walking, non-strenuous activities and gentle stretching are acceptable.
20. No scuba or snorkeling for 6 months.
21. DO NOT EAT crunchy or sticky food (like bread) that can get stuck on or in between your teeth.
22. NO scalding hot drinks (tea, coffee, water or hot soups) and **NO alcohol for 48 hours.**
23. No triclosan, hydrogen peroxide, bleach or any non-FDA approved concoctions [coconut oil (oil pulling), holistic mouth rinses, or homeopathic remedies].
24. EXPECT cold sensitivity for six weeks or longer. PLEASE REPORT sensitivity during check-ups.
25. PAIN CONTROL: Take Ibuprofen and other pain medication as prescribed by Dr. Barotz.
26. CALL Dr. Barotz IMMEDIATELY WITH ANY UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.
27. Patient MUST return to our office within 24-72 of surgery for a post-operative check-up. There will also be checks after 1 week, 3 weeks, 6 weeks, 3 months and 6 months.
28. After six weeks you may brush surgical area with special extra, extra soft brush dispensed or ordered by Dr. Barotz for six MONTHS.
29. Patient agrees to be present for post-operative checks at 24-72 hours, 1 week, 3 weeks, 6 weeks, 3 months and 6 months from date of surgery.