

POST SURGICAL INSTRUCTIONS: PINHOLE

The proper care following your Pinhole surgery will help prevent complications. **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow, gently rinse your mouth every three to four hours, especially after meals, using the prescribed mouth rinse and/or warm salt water. **NO VIGOROUS SWISHING.**

Over the next 6 weeks, you will be instructed to follow these guidelines to ensure that your surgical site heals and that no other problems may arise.

Rest: After your surgery, we strongly recommend that you return home and relax. You may go back to work the next day, but please wait several days before resuming strenuous exercise or activities.

Please do not:

- Brush over the surgical area.
- Floss or water-pik.
- Touch area with finger or with any device/objects.
- Eat crunchy or sticky foods / No drinking from a straw until we advise you otherwise.
- Be Alarmed about swelling or bruising for the first week.

Please do:

- Rinse **ONLY** with lips apart (e.g., no chipmunk cheeks).
- Wear prescribed appliance 24 hours a Day, as instructed. (Do not clench or grind your teeth).
- Check with doctor about any other appliances (e.g., Retainers, Invisalign, Perio-Protect, etc).
- Ice Over Area at 30-minute intervals (on and off) for the first 48 hours to minimize swelling.
- Expect cold sensitivity for 6 weeks or longer. Do report sensitivity during check-up appointments.
- Pain Control - acetaminophen (Tylenol) and NSAID (Motrin or Advil) should be taken at the same time, unless given alternative instructions by your doctor.
- Call Doctor Immediately if you have unexpected pain, continuous bleeding, or heat from surgical site.
- Patient **MUST** return to our office 1 week after surgery, 3 weeks after surgery, and 6 weeks after surgery. Discoloration and altered appearance of the gums is normal in the first 6 weeks. Contact your doctor about appearance concerns after that time.

QUESTIONS: This information is provided to help you understand what to expect. **If you have questions, or concerns, please feel free to contact Dr. Cavallari by calling 757-412-0235.**

****If you had Intravenous Sedation or Oral-Conscious Sedation, you could feel groggy for up to 24 hours. It is critical that during this period you DO NOT: drive, operate heavy machinery, make critical decisions, or consume alcohol.****

We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible.