



**BE SURE TO PICK UP YOUR PRESCRIPTIONS
AND START ARNICA 3 DAYS PRIOR TO SURGERY**

**POST-OPERATIVE INSTRUCTIONS FOR 12 WEEKS
FOR PINHOLE GRAFT PROCEDURE**

****IT IS IMPORTANT THAT YOU ABIDE BY THE FOLLOWING RECOMMENDATIONS
TO ENSURE PROPER HEALING, MINIMAL DISCOMFORT AND OPTIMIZE YOUR SURGICAL RESULTS****

- NO BRUSHING OVER SURGICAL SITE(s). Can brush the tongue.
- DO NOT USE: cotton swabs, cloth or any soft or hard object to clean area
- NO FLOSSING FOR 3 MONTHS
- NO TOUCHING: with finger or any other device or object.
- DO NOT place your tongue on the surgical area.
- DO NOT SLEEP with hands under the cheek where surgery was done.
- NO FACIAL MASSAGES for (3) weeks or message that area of the face for ANY reason
- NO LOOKING: Complete healing will occur over a few weeks to months. Try not to be overly concerned during this healing phase, you may continue to see change. DO NOT PULL CHEEK!
- WHEN RINSING: SWISHING ONLY (NO Chipmunk cheeks when you rinse). No forceful spitting.
- DO NOT play wind instruments for (3) weeks. Do not blow balloons.
- DO NOT SUCK ON FOODS/STRAWS or SPITTING for (6) weeks.
- NO mints over surgical area.
- DO NOT EAT crunchy or sticky food (like bread) that can get stuck on or in between your teeth for (6) weeks.
- NO scalding hot drinks (tea, coffee, water or hot soups) for (6) weeks.
- NO alcohol for at least (4) week.
- NO smoking, chewing tobacco, cigar, pipe or recreational marijuana for at least (6) months.
- Wear 24-hour appliance or night guard as prescribed (if recommended by Dr. Crofcheck). Failure to wear appliance may cause relapse. Check with Dr. Crofcheck if you wear any other appliances (retainers, Invisalign, Perio-Protect, etc).
- NO Triclosan, Hydrogen Peroxide, Bleach or any non FDA approved concoctions (Coconut oil, oil pulling, holistic mouth rinses, or homeopathic remedies).
- NO clenching or grinding of the teeth (NO heavy lifting that requires clenching of the teeth).
- NO heavy aerobics or vigorous exercising/dancing or physical activity for (3) weeks (walking or non-strenuous activities are OK).
- NO facial devises such as snorkeling or CPAP for (2) months.
- ICE OVER AREA at 10 min intervals for the first 48 hours to minimize swelling.
- DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
- EXPECT cold sensitivity for (6) weeks or longer.
- PAIN CONTROL – take one each of acetaminophen (Tylenol) and NSAID (Motrin or Advil) at the same time, subject to other instructions by Dr. Crofcheck.
- Call Dr. Crofcheck IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING OR HEAT FROM SURGICAL SITE.

Over

- Patient **MUST** return to our office, (1) week after surgery, (3), (6), (9), and (12) weeks after surgery. In some cases, Dr. Crofcheck will see patient's 24 hours after the Pinhole technique.
- **AFTER** the 12th week you may brush surgical area with a special extra soft brush dispensed or ordered by this office for (6) MONTHS.

Eating after your surgical procedure

Do not bite into your food. Cut your food into bite size pieces. Start out with liquids or very soft food for the first two days and gradually progress to firmer foods. Everyone is different – just eat on the other side of the surgery site and use common sense. Good nutrition is important for good healing. If you do not feel like eating a big meal, consider eating several smaller meals.

Suggestions for the first two days: ice cream, yogurt, carnation instant breakfast malts, jello, soups, non- citric fruit juices, egg salad, pudding, milk shakes, ice tea, pimento cheese, canned fruit (peaches, pears, fruit cocktail)

Suggestions for firmer foods: eggs, meatloaf, noodle casseroles, spaghetti w/meat sauce, macaroni and cheese, soups, stews, oatmeal, cream of wheat, soft vegetables (beans, peas, squash, cooked carrots)

HYGIENE CARE (12) weeks after Procedure (On surgical site)

- Brush surgical site using soft toothbrush. PHB brand tooth brush is one option.
- Use roll technique for brushing surgical site (from vestibule down).
- **DO NOT USE ELECTRIC TOOTH BRUSH FOR 6 MONTHS.**
- **ELECTRIC TOOTHBRUSH** should be held like a flute at 6 months
- After 3 months, floss through teeth without touching gum. Don't "rope-burn" gum.
- **NO SUBGINGIVAL CLEANING, PROBING, OR RESTORATIONS BEFORE 6 MONTHS**
- **DO NOT USE WATERPIK**

PLEASE DO NOT HESITATE TO CONTACT THE DOCTOR WITH ANY QUESTIONS OR CONCERNS

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