



POST OP INSTRUCTIONS FOR THE FIRST 6 WEEKS

1. No brushing over surgical sites (just tongue side and biting side)
2. No flossing (water-pick only, from tongue side or inside - on low power)
3. No interdental toothbrushes or teepees
4. No electric toothbrushes for 6 weeks
5. No touching: with finger or any other device or object
6. Do not lick surgical area
7. Do not use cotton swabs, cloth or any soft or hard object to clean the area
8. Do not sleep with hands under the cheek where surgery was done
9. No facial massages for 3 weeks or massage that area of the face for any reason
10. No looking: do not obsess over or question doctor about appearance of gums for 6 weeks. The reason is because you cannot look without pulling cheek, thus putting tension on the surgical site
11. Rinse only with lips apart: sloshing only
12. No chipmunk cheeks when you rinse
13. Do not play wind instruments for 6 weeks
14. Do not suck on straws
15. Do not blow balloons
16. No spitting
17. No mints over surgical area
18. No smoking, chewing tobacco, cigar, pipe or recreational marijuana.
19. No clenching or grinding of teeth
20. No heavy lifting that require clenching of the teeth
21. No heavy exercise or vigorous dancing or physical activity for 3 weeks
22. No snorkeling for 6 months
23. Ice packs (in a cloth) over area at 10 minutes intervals for the first 48 hours to minimize swelling
24. Don't be alarmed about swelling or bruising for the first week
25. Do not eat crunchy or sticky food that can get stuck on or in between your teeth
26. Expect cold sensitivity for 6 weeks or longer. Do report sensitivity during check-up appointments.
27. Pain control: take paracetamol/ibuprofen if needed (do not take ibuprofen if allergic/asthmatic.
28. Call doctor/dentist immediately if you have unexpected pain, continuous bleeding, or heat from the surgical site
29. Return for review at least 1 week, 3 weeks (decided on a case by case basis) and 6 weeks after surgery
30. After 6th week you may brush surgical area with special extra soft brush for 6 months

INSTRUCTIONS FOR HYGIENISTS AND DENTISTS

1. Please do not brush or touch with the polishing bristles or cups the gums on the surgical area for the first 6 weeks, and only instruct on modified Bass brushing technique, rolling away from gums.
2. Please do not probe the area for pockets for the first 6 MONTHS after surgery