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## **PIN HOLE SURGICAL TECHNIQUE (PST)**

### **POST-OP INSTRUCTIONS FOR NEXT 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 (e.g., cotton swabs).
- 4.) NO LOOKING: Do not obsess over or question Doctor about appearance of gums for 6 weeks (Use the photo given to you).
- 5.) RINSE ONLY WITH LIPS APART (e.g., NO chipmunk cheeks)
- 6.) WEAR PRESCRIBED BITE APPLIANCE 24 HOURS A DAY, if instructed. (Do not clench or grind your teeth). Check with Doctor about any other appliances (e.g., retainers, Invisalign, Perio-Protect, etc).
- 7.) ICE OVER AREA at 10-minute intervals for the first 48 hours to minimize swelling.
- 8.) DO NOT BE ALARMED ABOUT SOFT SWELLING OR BRUISING FOR THE FIRST WEEK.
- 9.) DO NOT EAT crunchy or sticky food or drink out of a straw.
- 10.) EXPECT cold sensitivity for 6 weeks or longer. DO REPORT sensitivity during check-up appointments.
- 11.) PAIN CONTROL- take one of acetaminophen (Tylenol) or NSAID (Motrin or Advil) , subject to other instructions by Doctor.
- 12.) CALL DOCTOR IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.
- 13.) NO SMOKING- Smoking retards healing and decreases desired result.

PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

(SIGNED COPY IN CHART)