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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 SURGICALS SITE.**
- 13) **NO SMOKING - Smoking retards healing and decreases desired result.**

PATIENT SIGNATURE: _____

DATE: _____

(SIGNED COPY CHART)