

Post-Operative Instructions

Pinhole Gum Regeneration

DO:

1. Place an ice pack on your face over the treated area (15 minutes on, 15 minutes off). Repeat this cycle at least 2-3 hours or until retiring. Swelling and/or bruising is a normal response to the treatment we have provided.
Normal swelling sometimes begins as late as the 3rd or 4th day following treatment.
2. Rinse with the prescribed antibacterial mouth rinse twice daily until instructed to stop.
Do not rinse vigorously. (No chipmunk cheeks)
3. Eat soft foods only for the first two weeks. No crunchy foods or small seeds.
4. Avoid strenuous activity for 2-3 days.
5. Take your medications as prescribed.
6. Call the office with any questions or concerns.

DO NOT:

1. Do not brush or floss the treated area until instructed to do so.
A Water-Pik can be used from the tongue-side or inside only.
2. Do not pull on your lip to see the treated area. This tension can severely affect the desired outcome.
3. Do not touch the treated area with your finger or any object like a cotton swab.
4. Do not smoke for at least 3 days and for as long as possible after treatment.