

Pinhole Gum Rejuvenation Post-Operative Instructions for 6 Weeks

1. **NO BRUSHING OVER SURGICAL SITE(S)**
2. **NO FLOSSING** (Water-Pik ONLY from tongue-side or inside)
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.
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 Dr. Milone 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 foods 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 two acetaminophen(Tylenol 500mg) and two Ibuprofen(Advil 200mg) at the same time every 6 hours.
12. **CALL Dr. Milone IMMEDIATELY IF YOU HAVE UNEXPECTED PAIN, CONTINUOUS BLEEDING, OR HEAT FROM SURGICAL SITE.**
13. Patient **MUST** return to our office 24 hours after surgery, 2 weeks after surgery, 4 weeks after and 6 weeks after surgery.

PATIENT SIGNATURE: _____ DATE: _____

Dr. Jeffrey Milone
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